

The Resilience & Longevity Roadmap (Graduation Worksheet)

Client Name: _____ Date of Transition: _____

Section 1: Graduation Readiness Assessment

To be completed by the practitioner and client together to signify the move from "Acute/Target" to "Sustain" phase.

- [] **Symptom Stabilization:** Acute "fire" is out; primary complaints are resolved or managed.
- [] **Foundational Literacy:** Client understands the "Why" behind their core lifestyle habits.
- [] **Confidence Score:** On a scale of 1–10, how confident do you feel maintaining your current habits for the next 12 months? **Score:** _____ *(Note: If score is <8, the current protocol must be simplified before moving to Sustain phase.)*

Section 2: Health-Span & Resilience Metrics

Shifting the focus from "Disease Markers" (what we want to avoid) to "Resilience Markers" (what we want to build).

Metric	Baseline (Start)	Current (Graduation)	Sustain Phase Target
HRV (Autonomic Balance)			Consistent upward trend
Grip Strength (Muscle)			Top 25th percentile for age
VO2 Max (Fitness)			"Good" to "Excellent" range
Metabolic Flexibility			HOMA-IR < 1.5
Subjective Energy (1-10)			Consistent 8+

Section 3: The "Future Self" Vision (Motivational Interviewing)

Reflect on the long-term vision to ensure adherence when the initial motivation of "pain" has faded.

The 5-Year Vision: "Now that we have cleared the fog, how do you envision your daily life and physical capabilities five years from now?"

Core Motivation: What is the #1 reason you want to maintain this level of health resilience? (e.g., travel, family, career longevity)

Section 4: The "Sustain" Protocol

List the 3-5 non-negotiable habits that will maintain your current results.

1. _____
2. _____
3. _____
4. _____

Practitioner Observations & Reflection

Practitioner: Use the OARS framework (Open-ended questions, Affirmations, Reflections, Summaries).

Next Review Date (Maintenance Check-in): _____

AccrediPro Standards Institute Certified Tool | Lesson 4: The Sustain Phase
