

# Total Exposome & Genomic Resilience Tracker

Client Name: \_\_ Date: \_\_

Initial Biological Age (if tested): \_\_ Target hs-CRP: < 1.0 mg/L

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## Section 1: The Exposome (Total Toxic Burden Assessment)

*Identify the environmental "triggers" currently impacting your genetic expression. Check all that apply.*

**External Exposures:** - [ ] Frequent use of plastic food containers/bottles (BPA/Phthalates) - [ ] Non-organic produce consumption (Pesticide/Glyphosate load) - [ ] High-pollution living/working environment - [ ] Use of conventional "fragrant" cleaning or personal care products

**Internal/Lifestyle Modifiers:** - [ ] High-stress environment (Activates pro-inflammatory NF-kB pathway) - [ ] Sedentary behavior (Reduced mitochondrial signaling) - [ ] Diet low in cruciferous vegetables and colorful polyphenols - [ ] History of family chronic illness (Potential transgenerational epigenetic tags)

## Section 2: Nutrigenomic Protocol (Flipping the Genetic Switches)

*Use this table to track your "Molecular Switches" for the next 4 weeks. Goal: Activate NRF2 (Antioxidant) and Inhibit NF-kB (Inflammation).*

Week	Action: NRF2 Activation (e.g., Sulforaphane/Cruciferous)	Action: NF-kB Inhibition (e.g., Curcumin/Omega-3s)	Lifestyle: "Weather" Control (Sleep/Exercise/Stress)
1	<input type="checkbox"/>	<input type="checkbox"/>	
2	<input type="checkbox"/>	<input type="checkbox"/>	
3	<input type="checkbox"/>	<input type="checkbox"/>	
4	<input type="checkbox"/>	<input type="checkbox"/>	

## Section 3: Genomic Resilience Reflection

**The "Climate vs. Weather" Analysis:** Your DNA is the "Climate" (long-term tendency), but your choices are the "Weather" (current state).

1. **Current "Weather" Observation:** How has your "brain fog" or energy shifted since starting the protocol?
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1. **The Legacy Factor:** How does knowing that your health choices today can impact future generations change your motivation?
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1. **Metric Tracking:**

2. **Baseline hs-CRP:** \_\_\_\_\_

3. **Biological Age Change (if re-tested):** \_\_\_\_\_ (Goal: -3.23 years)

## **Next Steps:**

- [ ] Schedule follow-up blood work (hs-CRP/Mitochondrial markers).
  - [ ] Reduce "Total Toxic Burden" by replacing 2 plastic items with glass/stainless steel.
  - [ ] Increase Sulforaphane-rich foods or supplementation to maximize NRF2 pathway.
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*AccrediPro Standards Institute Certified Tool Note: This tool is for educational purposes within a coaching relationship and does not constitute medical diagnosis or treatment.*

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