

Healthspan Architecture & Resilience Tracker (H.A.R.T.)

Client Name: _____ Date: _____

Phase: Sustain (R.O.O.T.S. Method™) Practitioner: _____

Section 1: The Mindset Pivot (Assessment)

The goal of the Sustain phase is to move from "Crisis Management" (fixing pain) to "Optimization" (building resilience). Check the box that best describes your current motivation.

Where is your focus today? * [] **Crisis Mindset:** "I just want to make sure my old symptoms (bloating, fatigue, pain) don't come back." * [] **Neutral Mindset:** "I feel good and I want to keep things exactly as they are." * [] **Optimization Mindset:** "I want to build a body that is resilient enough to handle stress, age slowly, and maintain high performance for decades."

The "Sarah at 80" Vision: If you were 80 years old today, what are three activities you would still want to be able to do? (e.g., hiking, playing with grandkids, traveling, cognitive clarity). 1. _____ 2. _____ 3. _____

Section 2: Epigenetic "Lock-In" Checklist

Consistent inputs tell your genes to stay in "healing mode." Rate your consistency over the last 30 days (1 = Never, 5 = Daily).

Pillar of Resilience	Action Item	Score (1-5)
Metabolic Flexibility	Maintaining stable blood sugar/avoiding glucose spikes	-
Circadian Alignment	Consistent sleep/wake times and morning light exposure	-
Microbiome Guard	Consuming diverse fibers/fermented foods to "lock in" gut health	-

Pillar of Resilience	Action Item	Score (1-5)
Stress Architecture	Active recovery (meditation, breathwork, or nature)	—
Hormetic Stress	Strategic inputs (sauna, cold, or high-intensity movement)	—

Total Resilience Score: _ / 25

Section 3: Biological Monitoring (The Architect's View)

In the Sustain phase, we track "Function" rather than just "Symptoms." Fill in your most recent markers.

Metric	Goal/Baseline	Current Status
Energy Levels	High/Stable all day	[] Low [] Fluctuating [] Optimal
Recovery	Wake up feeling refreshed	[] Poor [] Average [] Excellent
Cognitive Clarity	No "brain fog"	[] Occasional [] Clear [] Sharp
Bio-Marker (e.g., HbA1c, HRV)	—	—

Section 4: Reflection & Optimization

What is the "Minimum Effective Dose"? Identify the 3 non-negotiable habits that keep your foundation strong even when life gets busy: 1. _____ 2. _____ 3. _____

Observations/Notes:

Next Steps:

- [] Schedule Quarterly Bio-Tracking Review (Date: _____)
 - [] Transition from "Corrective" Supplementation to "Maintenance/Longevity" Stack.
 - [] Update "Values-Based" movement goals (e.g., strength training for bone density).
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