

# Resilience & "Sustain" Phase Progress Tracker

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

Tracking Period: [ ] Baseline (Day 1) [ ] 90-Day Review [ ] 180-Day Review [ ] Annual  
Sustain

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## Section 1: Subjective Vitality (PROM Assessment)

*Based on validated Patient-Reported Outcome Measures (MSQ & SF-36 equivalents). Rate the following on a scale of 0–4 (0 = None/Excellent, 4 = Severe/Poor).*

System/Category	Current Score (0-4)	Notes (e.g., frequency, intensity)
Total Symptom Burden (MSQ):	—	<i>Sum of all physical symptoms</i>
Physical Functioning:	—	<i>Ability to perform daily activities</i>
Energy/Vitality:	—	<i>Presence of fatigue vs. vigor</i>
Emotional Well-being:	—	<i>Stress resilience and mood stability</i>
Social Functioning:	—	<i>Health interfering with social life?</i>
Pain Levels:	—	<i>Impact of physical discomfort</i>

Total Subjective Score: \_\_\_\_\_ (*Lower is better*)

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## Section 2: Objective Resilience (Digital Health Markers)

*Use your wearable data (Oura, Whoop, Apple Watch, CGM) to record your 7-day averages.*

Marker	Value	Trend ( $\uparrow$ / $\downarrow$ / $\leftrightarrow$ )	Practitioner Note
Avg. HRV (Heart Rate Variability)	_ ms		<i>Higher HRV = Better resilience</i>

Marker	Value	Trend ( $\uparrow / \downarrow / \leftrightarrow$ )	Practitioner Note
Resting Heart Rate (RHR)	_ bpm		<i>Consistent rise may signal stress/inflammation</i>
Glucose Stability (if using CGM)	_ %		<i>Target: High "Time in Range"</i>
Deep/REM Sleep	_ hrs		<i>Crucial for the 'Sustain' phase</i>

## Section 3: The "Return on Health" (Economics & Health-span)

*Reflecting on the shift from crisis-based care to investment-based health.*

**1. Pharmaceutical/Co-pay Changes:**

2. Medications reduced/eliminated: \_\_\_\_\_

3. Estimated monthly savings (\$): \_\_\_\_\_

**4. Biological Age vs. Chronological Age:**

5. Last Epigenetic/Biological Age Test Result: \_\_\_\_

6. "Years Gained" (Chronological - Biological): \_\_\_\_

**7. Functional Wins:**

8. Example: "I can now hike 5 miles without a recovery day."

9. \_\_\_\_\_

## Section 4: Scoring & Practitioner Reflection

**Current Phase Status:** [ ] Optimization [ ] Transition to Sustain [ ] Long-term Maintenance

**Practitioner Observations:**

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**Client Goal for Next 90 Days:**

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**Next Steps:**

- [ ] Maintain current R.O.O.T.S. Method™ protocols.

- [ ] Adjust "Target" phase supplements based on new MSQ score.
  - [ ] Schedule follow-up for Day \_\_\_\_.
  - [ ] Focus on HRV optimization via: \_\_\_\_
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