

# Resilience & Sustainability Readiness Assessment

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

Current Phase: Transitioning from *Target* to *Sustain*

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## Section 1: The Stabilization Plateau (Readiness Markers)

*Check all that apply. Per the R.O.O.T.S. Method™, a client should demonstrate these markers for 8–12 weeks before fully transitioning to the Sustain phase.*

**Objective Clinical Markers:** - [ ] **Lab Trend Stabilization:** Key biomarkers (HbA1c, hs-CRP, etc.) have been optimal for two consecutive tests. - [ ] **Microbiome Health:** Follow-up testing shows resolved dysbiosis and healthy commensal levels. - [ ] **HPA-Axis Balance:** Energy is consistent throughout the day without heavy reliance on adaptogens or stimulants. - [ ] **Inflammatory Baseline:** Absence of acute "flares" or systemic inflammatory responses for 60+ days.

**Subjective Resilience Markers:** - [ ] **Metabolic Flexibility:** Can comfortably delay a meal or handle a higher-carb meal without a "crash." - [ ] **Sleep Architecture:** Consistently getting 7–8 hours of restful sleep with positive waking energy. - [ ] **Intuitive Awareness:** I can identify exactly which "tool" I need when I feel slightly off-track. - [ ] **Effortless Maintenance:** Current habits feel like part of my identity rather than a "chore" or "diet."

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## Section 2: The 80/20 Resilience Audit

*The Sustain phase is about moving from 100% compliance to 80% foundational consistency. Use this table to track how your body responds to "The 20%" (deviations).*

Deviation (The 20%)	Body's Response (Symptom/Energy)	Recovery Time
Example: Social dinner / Dessert	Slight bloating, but cleared by morning	< 12 hours

**Resilience Reflection:** Does a "20% deviation" cause a massive symptom flare lasting more than 24 hours? [ ] **YES** (Stay in Target Phase for further repair)  
[ ] **NO** (Proceed to Sustain Phase Optimization)

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## Section 3: From Pathology to Potential (Mindset)

*Shift the focus from "fixing what is broken" to "optimizing what is vibrant."*

1. **The Vitality Shift:** Instead of focusing on what symptoms are *absent*, list three areas of your health that feel most **vibrant** right now:

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2.

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3.

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4.

5. **The Future Self:** What is one "High-Performance" goal you want to pursue now that you aren't in "crisis mode"? (e.g., strength training, longevity protocols, cold exposure):

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## Scoring & Practitioner Recommendation

**Total Readiness Markers Checked (Section 1):** \_\_\_\_\_ / 8

(Score of 6+ suggests readiness for the Sustain Phase)

### Practitioner Observations:

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**Next Steps:** - [ ] Transition to **Resilience Protocol** (Reduce supplement load to foundational 3-5). - [ ] Implement **Pulsatile Use** of therapeutic interventions. - [ ] Schedule **Quarterly Resilience Check-in** (Date: \_\_\_\_).

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*AccrediPro Standards Institute Certified Tool | R.O.O.T.S. Method™ Framework*