

# 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	<input type="checkbox"/> Low <input type="checkbox"/> Fluctuating <input type="checkbox"/> Optimal
Recovery	Wake up feeling refreshed	<input type="checkbox"/> Poor <input type="checkbox"/> Average <input type="checkbox"/> Excellent
Cognitive Clarity	No "brain fog"	<input type="checkbox"/> Occasional <input type="checkbox"/> Clear <input type="checkbox"/> 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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*AccrediPro Standards Institute Certified Tool | R.O.O.T.S. Method™ Framework*

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