

The Sustain & Flourish™ Autonomy Tracker

Client Name: __ Date: __

Phase: Sustain (Maintenance) Current Focus: ____

Section 1: The Health Burnout "Pulse Check"

In the Sustain Phase, we monitor "Protocol Fatigue." Use this checklist to identify if your current regimen is becoming a stressor rather than a solution.

How have you felt over the last 14 days? (Check all that apply) - ☐ **Cynicism:** I feel like my supplements/habits don't really matter anymore. - ☐ **Avoidance:** I've been skipping tracking or avoiding my protocol "just because." - ☐ **Reduced Self-Efficacy:** I feel like I can't "do it right" anymore. - ☐ **Social Isolation:** I feel my health goals are distancing me from friends/family. - ☐ **Protocol Exhaustion:** I feel like my life revolves entirely around my condition.

Burnout Score: (Count the checks) _____ / 5

(Note: A score of 3+ may indicate the need for a "Protocol Sabbatical" or a 90/10 flexibility shift.)

Section 2: Body Literacy & Signal Recognition

The goal is for you to become your own best detective. Use this "Yellow Light" protocol to map your body's signals to your self-adjustment actions.

The Signal (Symptom)	The Interpretation (Likely Trigger)	The Response (Adjustment)
Example: Brain Fog	Poor sleep or high-sugar meal	24hrs of extra hydration & 9pm bedtime

Section 3: Social & Identity Resilience

Health is a social state. Use these prompts to ensure your environment supports your new identity.

1. **Identity Shift:** I am no longer someone "on a diet/protocol"; I am someone who values:

 2. **Social Connection:** This week, I connected with _____ which made me feel (circle one): *Supported / Energized / Understood / Calm.*
 3. **Environmental Friction:** One thing in my home/workspace making it hard to stay on track: _____
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Section 4: The "Wins Journal" (Neural Rewiring)

Focusing on what is going right reinforces the neural pathways of health-seeking behavior.

Top 3 Physiological Wins this Month: 1. _____ 2. _____ 3. _____

Reflections on Autonomy: How does your current energy level allow you to show up for your family/purpose in a way you couldn't 6 months ago?

Practitioner Guidance & Next Steps:

- ☐ **If Burnout is High:** Implement a "Protocol Sabbatical" (Reduce to "Big 3" essentials for 14 days).
- ☐ **If Body Literacy is Low:** Introduce biofeedback tools (Oura, CGM, or daily HRV tracking).
- ☐ **If Isolation is High:** Discuss joining the [Group Coaching Name] for social resilience.

Next Review Date: _____

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