

Annual Longevity Audit & Drift Tracker

Client Name: _____ Date of Audit: _____ Review Period: [] 6 Months [] 12 Months (Annual)
Practitioner: _____

Section 1: The "Big Four" Longevity Biomarkers

Compare your current lab results against Functional Optimal ranges to identify "Metabolic Drift" early.

Biomarker	Conventional "Normal"	Functional OPTIMAL	Current Value	Trend (Up/Down/Stable)
HbA1c (Glycation)	< 5.7%	4.8% – 5.2%	_____	[] Drift toward >5.2%
hs-CRP (Inflammation)	< 3.0 mg/L	< 0.5 mg/L	_____	[] Drift toward >0.5
Homocysteine (Methylation)	< 15.0 µmol/L	< 7.0 µmol/L	_____	[] Drift toward >7.0
ApoB (Atherogenic Particles)	< 90 mg/dL	< 60 mg/dL	_____	[] Drift toward >60

Section 2: Physical Performance & Wearable Trends

Longevity is not just bloodwork; it is the resilience of the "physical container."

A. Functional Performance * VO2 Max: Current: _____ **Percentile for Age:** _____ * **Target: Aim for 75th percentile or higher for optimal healthspan.** * **Grip Strength:** Left: _____ Right: _____ * **Note:** A decline in grip strength is a primary predictor of all-cause mortality.

B. Wearable Data Review (Last 30-Day Average) * HRV (Heart Rate Variability): _____ ms [] Improving [] Declining [] Stable * **Deep Sleep / REM:** _____ hours [] Improving [] Declining [] Stable * **Glucose Variability (CGM):** Peak: _____ [] Stable [] High Spikes (>140 mg/dL)

Section 3: Metabolic Drift Assessment

Identify the "Whispers" (Check all that apply): - [] **Biochemical Drift:** One or more "Big Four" markers moved closer to conventional limits since last test. - [] **Recovery Drift:** HRV shows a downward trend despite no change in exercise volume. - [] **Glycemic Drift:** CGM shows higher "glucose peaks" for foods that used to be stable. - [] **Performance Drift:** VO2 Max or strength metrics have plateaued or dipped.

Drift Severity Score: (0 = Fully Optimized | 1-2 = Minor Course Correction Needed | 3+ = Strategic Intervention Required) **Total Score:** _____

Section 4: The Longevity Roadmap (Course Correction)

Practitioner Observations:

Priority Interventions: 1. Nutrition/Supplementation: _____ 2. **Movement (Zone 2/Zone 5/Strength):** _____ 3. **Lifestyle (Sleep/Stress/Hormesis):** _____

Next Re-Testing Date: _____

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