

# HPA/HPT Axis Chronobiology & Protocol Tracker

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

## Section 1: Endocrine Presentation Assessment

*Check the boxes that best describe your current state to determine your primary "Target."*

**A. HPA Axis Presentation (Select One):** - [ ] "Wired but Tired" (High evening cortisol, racing mind at night, evening anxiety) - [ ] "Low & Slow" (Difficulty waking, morning brain fog, afternoon energy crashes) - [ ] "General Stress" (Low resilience, feeling overwhelmed but sleeping okay)

**B. HPT & Metabolic Indicators (Check all that apply):** - [ ] Cold intolerance/Cold hands & feet (Possible T4-T3 conversion issue) - [ ] Thinning eyebrows or hair loss (Possible Thyroid signaling issue) - [ ] Post-meal energy slumps or sugar cravings (Possible Insulin sensitivity issue) - [ ] Cycle-related bloating/mood swings (Possible Estrogen dominance/detox issue)

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## Section 2: The "Golden Window" Daily Protocol

*Use this table to track your targeted nutraceuticals and lifestyle interventions based on your body's natural hormonal clock.*

Time Window	Target Goal	Targeted Action/Supplement	Completed?
Morning (7am–9am)	<b>CAR Support</b> (Cortisol Awakening Response)	<i>Stimulating Adaptogens (e.g., Rhodiola, Ginseng), B-Vitamins, Sunlight exposure.</i>	[ ]
Mid-Day (12pm–2pm)	<b>Metabolic Flux</b> (Insulin Sensitivity)	<i>Berberine or Chromium (15-30 mins BEFORE largest meal).</i>	[ ]
Evening (4pm–8pm)	<b>HPA Quiescence</b> (Lowering Cortisol)	<i>Calming Adaptogens (Ashwagandha, Holy Basil), Magnesium.</i>	[ ]

Time Window	Target Goal	Targeted Action/Supplement	Completed?
Bedtime (9pm–10pm)	<b>Deep Rest</b> (Blunting Spikes)	<i>Phosphatidylserine (if 3am waking occurs), Magnesium Glycinate.</i>	[ ]

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### Section 3: Nutrient Co-Factor Checklist

*Ensure your HPT (Thyroid) and Detox pathways have the raw materials needed for conversion.*

- [ ] **Thyroid Conversion:** Did I include Selenium (200mcg) and Zinc (30mg) today?
  - [ ] **Estrogen Clearance:** Did I include DIM or Calcium D-Glucarate (if recommended for dominance)?
  - [ ] **Cellular Signaling:** Did I include Vitamin A or Omega-3s for receptor sensitivity?
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### Section 4: Reflection & Progress Tracking

**Daily Energy Score (1-10):** \_ (1 = Exhausted, 10 = Vibrant) **Sleep Quality Score (1-10):** \_ (1 = Restless/Waking, 10 = Deep/Restorative)

**Observations (e.g., "Felt less 'wired' at 9 PM," "Morning brain fog lifted faster"):**

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### Next Steps:

- [ ] If "Wired but Tired," prioritize Magnesium and Ashwagandha after 4:00 PM.
  - [ ] If T3 is low, confirm Selenium/Zinc intake for 8 weeks to see conversion changes.
  - [ ] Monitor GI tolerance if using Berberine; adjust dosage with your coach if needed.
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*AccrediPro Standards Institute Certified Tool | Clinical Endocrine Modulation Standards v2.4*

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