

Annual Functional Health "Alignment" Tracker

Client Name: __ Date of Review: __ Last Review Date: __

Section 1: The "Surveillance Trio" Biomarker Review

Compare your current labs against Functional Medicine "Optimal" ranges to detect "Biomarker Drift" before symptoms return.

Biomarker	Functional Optimal Range	Current Value	Trend (↑, ↓, ↔)
Fasting Insulin	2.0 – 5.0 uIU/mL	___	
HbA1c	4.8% – 5.2%	___	
hs-CRP (Inflammation)	< 1.0 mg/L	___	
ApoB / LDL-P	(Per Practitioner Goal)	___	
Micronutrient Status	(Varied)	___	

Drift Detection: Is any marker moving toward the "Standard Lab Range" (Normal) and away from "Optimal"? ☐ No (Stay the course) ☐ Yes (Requires investigation/intervention)

Section 2: Wearable Data & Real-Time Trends

Review the "movie" of your physiology over the last 30–90 days.

1. Heart Rate Variability (HRV) Trend: * **Baseline:** __ ms | **Current 7-Day Avg:** __ ms * []

Stable/Increasing (Good Resilience) * [] Downward Trend (Sign of systemic stress, overtraining, or impending illness)

2. Glycemic Variability (CGM Review - if applicable): * **Time in Range (70-120 mg/dL):**

___ % * **Notes on Spikes:** (e.g., stress-related, specific foods, sleep deprivation)

Section 3: Lifestyle & "ROOTS" Audit

Check the foundation of the Sustain Phase.

Current Lifestyle Status (Check if "Optimal"): - ☐ **Sleep:** 7-9 hours, waking refreshed, consistent timing. - ☐ **Movement:** Regular resistance training and zone 2 cardio. - ☐ **Nutrition:** Whole foods, low processed sugar, appropriate protein. - ☐ **Stress:** Utilizing daily nervous system regulation (breathwork, etc.). - ☐ **Supplementation:** Currently on "Maintenance" doses (not "Therapeutic").

Section 4: Practitioner Reflection & Strategy

Biomarker Drift Risk Level: ☐ Low (Optimal) ☐ Moderate (Early Drift) ☐ High (Relapse Risk)

Observations (Notes on stress, life changes, or subtle symptoms):

Protocol Adjustments: - ☐ **No Change:** Maintain current "Sustain" protocol. - ☐ **Course Correction:** Short-term "Target" intervention (30-60 days). - ☐ **Re-Test Interval:** Next check-up in ☐ 3 months | ☐ 6 months | ☐ 12 months.

Next Steps:

1.

2.

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