

# Healthspan Optimization & Resilience Protocol

Client Name: \_\_\_\_\_ Date: \_\_ Chronological Age: \_ Biological Age (DNAm): \_  
DunedinPACE Rate: \_

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## Section 1: The Healthspan "Report Card" (Annual Metrics)

*Use this section to track physiological drift. Compare current results against the previous year's baseline to identify trends before they become symptoms.*

Biomarker	Optimal Range	Current Value	Trend (↑, ↓, ↔)
Fasting Insulin	< 5.0 uIU/mL		
hs-CRP / GlycA	< 1.0 mg/L		
Homocysteine	< 9.0 μmol/L		
Omega-3 Index	> 8%		
HbA1c	4.8% – 5.2%		
Morning HRV	Client Baseline		

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## Section 2: Personal Resilience Protocol (Hormesis)

*Check the strategies currently integrated into your routine. These "beneficial stressors" build your metabolic reserve.*

### ☐ Thermal Resilience (Heat/Cold Shock)

- Protocol: \_\_\_\_\_
- Target: Sauna 3-4x weekly / Cold immersion 2-3x weekly.

### ☐ Metabolic Resilience (Autophagy & Flexibility)

- Protocol: \_\_\_\_\_
- Target: Time-Restricted Feeding (14:10 or 16:8) or quarterly Fasting Mimicking Diet (FMD).

## ☐ Oxidative Resilience (Nrf2 Activation)

- **Protocol:** \_\_\_\_\_
- **Target:** Pulsed HIIT sessions or specific phytonutrient rotation (Sulforaphane, Curcumin).

## ☐ Psychological Resilience (Vagal Tone)

- **Protocol:** \_\_\_\_\_
  - **Target:** Daily breathwork, meditation, or HRV biofeedback.
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## Section 3: Early Warning System (Self-Efficacy)

*Identify your unique "Physiological Drift" indicators. When these shift, it is a signal to return to your core protocol.*

**My "Yellow Flags" (Check all that apply):** - ☐ **Sleep:** Taking >20 mins to fall asleep or waking at 3:00 AM. - ☐ **Digestion:** Change in stool consistency or increased bloating. - ☐ **Cognition:** "Brain fog" or afternoon energy crashes. - ☐ **Recovery:** Increased muscle soreness or lower-than-normal HRV. - ☐ **Mood:** Increased irritability or decreased "stress buffer."

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## Section 4: Reflection & Optimization

**Which resilience lever felt most effective this month?**

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**Are there any lifestyle "drifts" (habits) that need recalibration?**

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**Practitioner Observations:**

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**Next Optimization Review Date:** \_\_\_\_\_

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