

Resilience & "Sustain" Phase Progress Tracker

Client Name: _____ Date: _____

Tracking Period: ☐ Baseline (Day 1) ☐ 90-Day Review ☐ 180-Day Review ☐ Annual
Sustain

Section 1: Subjective Vitality (PROM Assessment)

Based on validated Patient-Reported Outcome Measures (MSQ & SF-36 equivalents). Rate the following on a scale of 0–4 (0 = None/Excellent, 4 = Severe/Poor).

System/Category	Current Score (0-4)	Notes (e.g., frequency, intensity)
Total Symptom Burden (MSQ):	—	Sum of all physical symptoms
Physical Functioning:	—	Ability to perform daily activities
Energy/Vitality:	—	Presence of fatigue vs. vigor
Emotional Well-being:	—	Stress resilience and mood stability
Social Functioning:	—	Health interfering with social life?
Pain Levels:	—	Impact of physical discomfort

Total Subjective Score: _____ (Lower is better)

Section 2: Objective Resilience (Digital Health Markers)

Use your wearable data (Oura, Whoop, Apple Watch, CGM) to record your 7-day averages.

Marker	Value	Trend (↑ / ↓ / ↔)	Practitioner Note
Avg. HRV (Heart Rate Variability)	__ ms		Higher HRV = Better resilience

Marker	Value	Trend (↑ / ↓ / ↔)	Practitioner Note
Resting Heart Rate (RHR)	__ bpm		<i>Consistent rise may signal stress/inflammation</i>
Glucose Stability (if using CGM)	__ %		<i>Target: High "Time in Range"</i>
Deep/REM Sleep	__ hrs		<i>Crucial for the 'Sustain' phase</i>

Section 3: The "Return on Health" (Economics & Health-span)

Reflecting on the shift from crisis-based care to investment-based health.

1. Pharmaceutical/Co-pay Changes:

2. Medications reduced/eliminated: _____

3. Estimated monthly savings (\$): ____

4. Biological Age vs. Chronological Age:

5. Last Epigenetic/Biological Age Test Result: ____

6. "Years Gained" (Chronological - Biological): ____

7. Functional Wins:

8. *Example: "I can now hike 5 miles without a recovery day."*

9. _____

Section 4: Scoring & Practitioner Reflection

Current Phase Status: ☐ Optimization ☐ Transition to Sustain ☐ Long-term Maintenance

Practitioner Observations:

Client Goal for Next 90 Days:

Next Steps:

- ☐ Maintain current R.O.O.T.S. Method™ protocols.

- ☐ Adjust "Target" phase supplements based on new MSQ score.
 - ☐ Schedule follow-up for Day ____.
 - ☐ Focus on HRV optimization via: _____
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