

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)

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)	CAR Support (Cortisol Awakening Response)	<i>Stimulating Adaptogens (e.g., Rhodiola, Ginseng), B-Vitamins, Sunlight exposure.</i>	<input type="checkbox"/>
Mid-Day (12pm–2pm)	Metabolic Flux (Insulin Sensitivity)	<i>Berberine or Chromium (15-30 mins BEFORE largest meal).</i>	<input type="checkbox"/>
Evening (4pm–8pm)	HPA Quiescence (Lowering Cortisol)	<i>Calming Adaptogens (Ashwagandha, Holy Basil), Magnesium.</i>	<input type="checkbox"/>

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

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?

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"):

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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