

Annual Longevity Audit & Drift Tracker

Client Name: _____ Date of Audit: ____ Review Period: ☐ 6 Months ☐ 12 Months (Annual)
Practitioner: _____

Section 1: The "Big Four" Longevity Biomarkers

Compare your current lab results against Functional Optimal ranges to identify "Metabolic Drift" early.

Biomarker	Conventional "Normal"	Functional OPTIMAL	Current Value	Trend (Up/Down/Stable)
HbA1c (Glycation)	< 5.7%	4.8% – 5.2%	_____	<input type="checkbox"/> Drift toward >5.2%
hs-CRP (Inflammation)	< 3.0 mg/L	< 0.5 mg/L	_____	<input type="checkbox"/> Drift toward >0.5
Homocysteine (Methylation)	< 15.0 µmol/L	< 7.0 µmol/L	_____	<input type="checkbox"/> Drift toward >7.0
ApoB (Atherogenic Particles)	< 90 mg/dL	< 60 mg/dL	_____	<input type="checkbox"/> Drift toward >60

Section 2: Physical Performance & Wearable Trends

Longevity is not just bloodwork; it is the resilience of the "physical container."

A. Functional Performance * **VO2 Max:** Current: _ **Percentile for Age:** _ * *Target: Aim for 75th percentile or higher for optimal healthspan.* * **Grip Strength:** Left: _ **Right:** _ * *Note: A decline in grip strength is a primary predictor of all-cause mortality.*

B. Wearable Data Review (Last 30-Day Average) * **HRV (Heart Rate Variability):** _ ms ☐ Improving ☐ Declining ☐ Stable * **Deep Sleep / REM:** _ hours ☐ Improving ☐ Declining ☐ Stable * **Glucose Variability (CGM):** Peak: _____ ☐ Stable ☐ High Spikes (>140 mg/dL)

Section 3: Metabolic Drift Assessment

Identify the "Whispers" (Check all that apply): - ☐ **Biochemical Drift:** One or more "Big Four" markers moved closer to conventional limits since last test. - ☐ **Recovery Drift:** HRV shows a downward trend despite no change in exercise volume. - ☐ **Glycemic Drift:** CGM shows higher "glucose peaks" for foods that used to be stable. - ☐ **Performance Drift:** VO2 Max or strength metrics have plateaued or dipped.

Drift Severity Score: (0 = Fully Optimized | 1-2 = Minor Course Correction Needed | 3+ = Strategic Intervention Required) **Total Score:** ____

Section 4: The Longevity Roadmap (Course Correction)

Practitioner Observations:

Priority Interventions: 1. Nutrition/Supplementation: _____ 2. Movement (Zone 2/Zone 5/Strength): _____ 3. Lifestyle (Sleep/Stress/Hormesis): _____

Next Re-Testing Date: _____

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