

# HPA Axis Resilience & Circadian Rhythm Tracker

Client Name: \_\_\_\_\_ Date: \_\_\_\_

## Section 1: HPA-D Symptom Baseline

*Check the boxes that apply to your experience over the last 14 days.*

**Morning Signaling (The CAR Check)** - ☐ I struggle to "get going" even after a full night's sleep. - ☐ I feel "brain fog" for the first 1-2 hours after waking. - ☐ I rely on caffeine immediately upon waking to feel human.

**Daily Energy & Metabolic Signaling** - ☐ I experience a significant energy "crash" around 3:00 PM. - ☐ I have noticed new abdominal weight gain (stress belly). - ☐ I feel "wired but tired" (exhausted but unable to relax) in the evening.

**Systemic Impact (Gut/Immune)** - ☐ I feel bloated or have "leaky gut" symptoms after stressful events. - ☐ I seem to "catch everything" (frequent colds/sniffles). - ☐ I have been told my thyroid labs are "normal" but I still feel sluggish.

## Section 2: 7-Day Circadian & Resilience Log

*Use this table to track the "Morning Sun Secret" and your HPA signaling.*

Day	Morning Light (10m within 30m of wake?)	3:00 PM Energy (1-10 scale)	Evening "Wired" Feeling? (Y/N)	Notes (Stressors/Sleep)
1	<input type="checkbox"/>			
2	<input type="checkbox"/>			
3	<input type="checkbox"/>			
4	<input type="checkbox"/>			
5	<input type="checkbox"/>			
6	<input type="checkbox"/>			
7	<input type="checkbox"/>			

## Section 3: Practitioner Reflection & Reveal

Total Morning Light Compliance:    / 7 Days Average Afternoon Energy Score:    / 10

**Practitioner Observations:** *(Identify patterns: Is the 3 PM crash linked to a missed morning light trigger? Is the "wired" feeling preventing a healthy CAR the next morning?)*

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**The HPA-D Paradigm Shift (Client Education):** Your symptoms are likely not because your adrenal glands are "tired," but because the communication between your **brain** and **adrenals** is out of sync. This is a survival mechanism (HPA-D) designed to protect you. We are focusing on **Circadian Biology** to reset this signal.

### Next Steps:

1. **Optimize CAR:** Prioritize 10 minutes of direct sunlight (no sunglasses) within 30 mins of waking.
  2. **Support the Crash:** Consider Vitamin C (approx. 2,000mg) or adaptogens during the 3 PM dip.
  3. **Dampen the Spike:** If "wired" at night, focus on Phosphatidylserine or blue-light blocking.
  4. **Advanced Reveal:** Schedule [ ☐ ] Salivary CAR Test / [ ☐ ] Urinary Metabolite (DUTCH) Test.
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