

Self/Client Audit Worksheet

A working tool, not a graded assignment — complete for yourself or one real client

Client / case: _____ Date: _____

PART A TIMELINE

Lesson 1.1

Antecedents — Family history, early-life factors, long-standing predispositions

Triggers — A clear event, illness or change that preceded the current issue

Mediators / perpetrators — What is keeping the issue going now

PART B HSI HEALTHSPAN MODEL MAPPING

Lesson 1.4

Biological State — Possible mechanisms, hallmark(s) of aging involved

Regimen — Diet, movement, sleep, substances

The Exposome — Exposures, living and work conditions

Mind — Stress load, emotional state, sense of control

Connection & Purpose — Social support, relationships, community, belonging

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Parts B2 to D — the Method, the healthspan reframe, and one next step

PART B2 HSI METHOD

Lessons 1.4–1.5

Integrate — How are the domains above influencing one another?

Prioritise — Which one or two factors are the highest-leverage starting point?

Personalise — What would a plan fitted to this person's real life look like?

Measure — What would you track, and when would you reassess?

PART C LIFESPAN VS. HEALTHSPAN FRAMING

Lesson 1.3

Stated goal — In the client's own words

Reframed in healthspan terms — Independence, function, capability

PART D ONE NEXT STEP

Module 1

One realistic, low-risk starting point — Not a treatment plan — a practice exercise in root-cause thinking
