

<b>Functional Category</b>	<b>Description</b>	<b>Metrics</b>	<b>Status (5=optimal 3=age app. 1=poor)</b>
Energy level — mental	Ability to focus, no brain fog, good working & long term memory, no need for chemicals	<ul style="list-style-type: none"> <li>• Use of nootropics / stimulants</li> <li>• Occurrence of brain fog or inability to focus</li> </ul>	4
Energy level — physical	Ability to generate energy on demand	<ul style="list-style-type: none"> <li>• VO2Max</li> <li>• Use of stimulants</li> <li>• Hypoxia tolerance (CO2 tolerance)</li> </ul>	4
Cardio fitness	Capacity of heart and blood vessels to move blood well in the volumes needed. Addressing known issues: blockages, stiff vessels, low ejection fraction, rhythm issues	<ul style="list-style-type: none"> <li>• Max HR seen</li> <li>• Sleeping low HR</li> <li>• BP</li> <li>• Pulse pressure</li> <li>• Minimal heart rhythm issues (flutter, weird beats)</li> </ul>	4
Endurance	Capacity to do submax exercise for a long time	<ul style="list-style-type: none"> <li>• Longest continuous exercise</li> </ul>	3
Metabolic flexibility / efficiency	Eat whatever without crashes; skip a meal or two without a problem. Body burns fat at rest.	<ul style="list-style-type: none"> <li>• Insulin resistance</li> <li>• HbA1c</li> <li>• Fat Max / Metabolic Efficiency</li> </ul>	3
Digestion	A healthy gut with a stable microbiome with no signs of leakage. Able to eat a diverse diet to feed a healthy microbiome.	<ul style="list-style-type: none"> <li>• At least daily well-formed poops; no constipation or diarrhea</li> <li>• No/Few food sensitivities</li> <li>• Minimal bloating or gas</li> <li>• No problem digesting 30-40g/day of fiber and 30 different plants eaten per week</li> </ul>	4
Visceral fat level (and cellulite?)	Minimal unhealthy fat contributing to inflammation, CVD, and insulin resistance	<ul style="list-style-type: none"> <li>• Wear your high school pants (waist size)</li> <li>• DEXA measurement of body fatness and visceral fat</li> </ul>	4
Chronic Inflammation	Immune system is not over-active due to viral load or poor blood flow or dying fat stores	<ul style="list-style-type: none"> <li>• Few body aches</li> <li>• Low chronic soreness</li> <li>• Fast recovery from injury or hard efforts</li> </ul>	4

Immune system	Strong immune system when needed but not when not needed	<ul style="list-style-type: none"> <li>• Few allergies</li> <li>• Few illnesses / infections per year</li> <li>• Fast wound healing</li> <li>• No autoimmune issues</li> </ul>	5
Temperature tolerance	Ability to adapt to and tolerate temperature extremes (w/o jackets or A/C)	<ul style="list-style-type: none"> <li>• Days of sauna per week</li> <li>• Days of cold exposure per week (plunge, shower, outdoors in Winter)</li> </ul>	5
Sleep	Regular, restful sleep. Awakening feeling refreshed.	<ul style="list-style-type: none"> <li>• No need for sleep onset drugs</li> <li>• Feel sleepy at the time of desired sleep onset</li> <li>• Awaken feeling refreshed</li> </ul>	2
Autonomic balance	Capacity to deal with stress and then relax and recover	<ul style="list-style-type: none"> <li>• Good, stable HRV</li> <li>• Ability to meditate (chill out)</li> </ul>	3
Sex drive & function	Sex drive is a fundamental human condition that can be turned down in states of unhealth.	<ul style="list-style-type: none"> <li>• Frequency of interest in sex</li> <li>• Frequency of sex</li> <li>• Morning wood (for men)</li> <li>• Erection quality (for men)</li> </ul>	3
Oral health	The mouth is a strategically important opening to the body. A healthy mouth supports a healthy body.	<ul style="list-style-type: none"> <li>• Consistently good NO test strip results</li> <li>• No new cavities</li> <li>• No worsening of gum recession</li> <li>• No worsening of gum disease</li> <li>• No bad breath</li> </ul>	4
Bone health	Strong bones are a feature of a healthy person. Bones become weakened during long periods of poor health or insufficient resources / stimulus	<ul style="list-style-type: none"> <li>• No fractures or breaks</li> <li>• Adequate DEXA bone mineral density scores</li> </ul>	5
Muscle mass	Upper and lower body (leg / glute are most important). Sufficient "headroom" to have "muscle to give" during injury or illness	<ul style="list-style-type: none"> <li>• Circumference of biceps &amp; quads</li> <li>• Adequate DEXA lean tissue scores</li> </ul>	5
Strength / Power	Force and speed of muscle movement. Ligament and tendon strength.	<ul style="list-style-type: none"> <li>• Hang time, squat/leg press, bench press, military press</li> </ul>	5

Mobility	Balance, ability to react to unstable surfaces, range of pain-free motion, ability to walk long distances effortlessly	<ul style="list-style-type: none"><li>• Range of motion without pain, walking speed, core strength</li></ul>	4
Hair quality	Color, hairline and thickness	<ul style="list-style-type: none"><li>• Stable hair color and volume</li></ul>	4
Skin health	Texture, moisture content, firmness, discoloration	<ul style="list-style-type: none"><li>• Skin quality stable (discoloration, crepy skin, wrinkles, loose, cancer)</li></ul>	3
Overall	Average of categories	<ul style="list-style-type: none"><li>• No weighting for simplicity. Some categories are more important than others so adjust for serious deficiencies.</li></ul>	3.9