



Healthspan Performance Scorecard

For senior leaders and high performers, healthspan is not simply about living longer. It is about staying capable, energised, clear-minded and resilient enough to perform well over time.

This is a self-perception snapshot, not a diagnostic tool. Several of the areas below (Mental clarity, Stress regulation in particular) become harder to judge accurately about yourself the more pressure you're under — use this as a starting point for conversation and for deciding where to get real data, not as a verdict.

You will complete this scorecard twice: once now (Day 1), and again after your 7-Day Performance Span Reset (Day 7). The comparison matters more than either single score.

HOW TO SCORE YOURSELF • RATE EACH AREA 1-5

1

Poor / inconsistent / regularly affecting performance

2

Below acceptable / affecting performance more often than not

3

Acceptable but not optimal / works some of the time

4

Generally strong / occasional lapses

5

Strong / consistent / clearly supports performance

Be honest rather than harsh. The purpose is not to judge yourself, but to identify the area where one change could make the biggest difference.

01 Energy

Do I have consistent, reliable energy across the day, or do I depend heavily on caffeine, pressure and willpower to keep going?

This includes your ability to sustain energy without regular crashes, dips or heavy reliance on stimulants.

DAY 1

Score: __ / 5

WHAT I NOTICE

DAY 7

Score: __ / 5

WHAT I NOTICE

02 Mental clarity

Do I think clearly under pressure, or do I become reactive, foggy or emotionally overloaded?

This includes focus, decision quality, emotional control and your ability to stay composed when demands increase.

DAY 1

Score: __ / 5

WHAT I NOTICE

DAY 7

Score: __ / 5

WHAT I NOTICE

03 Recovery

Do I actively recover from pressure, travel, workload and stress, or do I simply push through?

This includes how well you restore capacity after intense periods, rather than carrying fatigue from one day or week into the next.

DAY 1

Score: __ / 5

WHAT I NOTICE

DAY 7

Score: __ / 5

WHAT I NOTICE

04 Sleep

Is my sleep consistent enough to support high-quality decision-making, emotional control and energy?

This includes sleep duration, quality, regularity and how refreshed you feel when you wake.

DAY 1

Score: __ / 5

WHAT I NOTICE

DAY 7

Score: __ / 5

WHAT I NOTICE

05 Movement and strength

Am I maintaining the strength, mobility and physical capacity I need for the future I want?

This includes regular movement, strength, mobility, posture and the physical resilience to handle work, travel and life demands.

DAY 1

Score: __ / 5

WHAT I NOTICE

DAY 7

Score: __ / 5

WHAT I NOTICE

06 Nutrition and metabolic health

Do my food, alcohol and hydration habits support stable energy, focus and long-term health?

This includes blood sugar stability, body composition, appetite control, alcohol intake, hydration and how your nutrition affects your energy across the day.

DAY 1

Score: __ / 5

WHAT I NOTICE

DAY 7

Score: __ / 5

WHAT I NOTICE

07 Stress regulation

Can I downshift effectively after intense work, or do I stay switched on for too long?

This includes your ability to move out of high-alert mode, calm your nervous system, reset after pressure and be present outside work.

DAY 1

Score: __ / 5

WHAT I NOTICE

DAY 7

Score: __ / 5

WHAT I NOTICE

08 Health visibility

Do I have enough objective data about my health, such as blood markers, metabolic risk, blood pressure, heart rate variability, resting heart rate, body composition or other relevant measures?

This reflects whether you have data about the other seven areas — not how healthy you feel. A low score here means you are relying on perception alone for everything above, which the session flagged as an unreliable gauge on its own. Treat a low score here as a priority regardless of how the other seven look.

DAY 1

Score: __ / 5

WHAT I NOTICE

DAY 7

Score: __ / 5

WHAT I NOTICE

DAY 1 TOTAL

_____ / 40

DAY 7 TOTAL

_____ / 40

Note: this total weights all eight areas equally, which is a simplification — some may matter more for your specific role than others. Use the individual scores, not just the total, to decide where to focus.

REFLECTION

My lowest-scoring area (Day 1) is

My highest-scoring area is

The one change that would most improve my leadership performance is

Next step. Take your lowest-scoring category into the 7-Day Performance Span Reset and choose your action from the matching section there. After 7 days, return to this scorecard and re-score that category (and any others you'd like) in the Day 7 column above.