

Month at a Glance

A steady month. Sleep consistency improved meaningfully and resting heart rate continued to trend down. Weekend recovery remains the main gap. We are keeping the same three priorities so the progress compounds.

SLEEP CONSISTENCY

+14%

IMPROVED

RESTING HR

-3 bpm

IMPROVED

STRENGTH SESSIONS

1.4 / wk

WATCH

PROTEIN TARGET

5 / 7 days

STEADY

HEALTHSPAN PRIORITIES

Strength & Body Composition · Sleep & Recovery · Metabolic Health

WHAT CHANGED

- Sleep consistency improved 14% versus last month.
- Average daily activity increased across four of five weekdays.
- Resting heart rate trending down (58 to 55 bpm).
- Protein consistency improved to five days per week.
- Weekend recovery remains inconsistent — later bedtimes on Fri/Sat.

WHAT MATTERS MOST

- Sleep consistency — the single biggest driver of your recovery days this month.
- Strength and lean mass — protecting lean mass matters more each decade after 40.
- Nutrition consistency — steady protein and hydration beat another restrictive plan.

SIGNAL VS. NOISE

SIGNAL — WORTH ACTING ON

- Multi-week trends
- Consistent recovery patterns
- Meaningful change from baseline
- Persistent lifestyle patterns

NOISE — SAFE TO IGNORE

- One poor night of sleep
- One unusual HRV reading
- Daily weight fluctuations
- One missed workout

THREE PRIORITIES THIS MONTH

01 Keep bedtime within a consistent 45-minute window.

02 Complete two structured strength sessions each week.

03 Hit your daily protein target six days out of seven.

NEXT BEST ACTION

For the next seven days, keep bedtime within a 45-minute window.

WATCH NEXT MONTH

- Weekend sleep timing — does the weekday pattern hold on Saturday?
- Strength session frequency — two per week, consistently.
- Energy in the afternoon as protein consistency improves.

HEALTHSPAN MAP SUMMARY

Metabolic	STEADY
Cardiovascular	IMPROVING
Strength & Body Composition	FOCUS
Movement & Mobility	STEADY
Sleep & Recovery	IMPROVING
Cognitive	STEADY

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