



The 6 Pillars Health & Performance Audit

SEE YOUR HEALTH DIFFERENTLY - a self-assessment for men and endurance athletes who want to perform, feel, and age better.

Health. Performance. Longevity



A 5-minute self-check across the 6 pillars that actually drive your energy, performance, and long-term health

Welcome & Philosophy

This audit is designed for men managing or at risk of chronic health conditions, and for endurance athletes pursuing optimal performance and recovery. It offers a genuine look at the areas that matter most, and the ones that actually move the needle.

Take control of your health by identifying which pillar may be holding you back, then reflect on it and take action. Every pillar is connected and when one link weakens, it affects the whole chain. The good news: those links can be repaired, and you can feel your best again.

Philosophy: Data informed. Evidence-led. Human centered

How to Use this Audit

Score each pillar honestly between 0-5
0 is not at all, 5 is fully dialed in

Your total score can be anything from 0 to 20 per pillar



Score 0-8



Score 9-14



Score 15-20



Pillar 1: Nutrition

		Score
1	I eat enough protein to support muscle, recovery, and metabolic health	
2	My carbohydrate intake matches my training/activity load, not just habit	
3	I get a wide range of micronutrient-dense foods (vegetables, fruit, whole foods) most days	
4	My alcohol intake and meal timing support, rather than work against my goals	
Total score for pillar		

Did you know: Poor fuelling shows up as low libido and fatigue in health-risk men, and as flat performance or poor recovery in athletes, often from the same root cause: underfuelling or nutrient gaps.



Pillar 2: Exercise

Score

- 1

I do resistance training regularly enough to maintain/build muscle and metabolic health
- 2

My aerobic fitness is where I want it to be for my goals
- 3

My training volume and recovery are balanced, not chronically overreaching or under-training
- 4

I'm not sedentary for large parts of my day

Total score for pillar

Did you know: Muscle is your metabolic safety net for disease risk and performance. Undertraining and overtraining both erode it.

Pillar 3: Sleep



		Score
1	I consistently get enough sleep for my body and training load	
2	My sleep timing is consistent night to night	
3	My sleep quality (not just quantity) is good - I wake rested	
4	My sleep hygiene habits (screens, caffeine, alcohol, routine) support good sleep	
Total score for pillar		

Did you know: Sleep debt blunts testosterone, blood sugar control, and recovery - the same pathway whether you're managing prediabetes or chasing a PB.



Pillar 4: Stress

		Score
1	My work stress feels manageable, not chronic or overwhelming	☐
2	I have effective ways to recover from psychological stress	☐
3	I have healthy coping strategies (vs. avoidance, substances, overtraining)	☐
4	My nervous system gets genuine downtime, not constant "on"	☐
Total score for pillar		☐

Did you know: Chronic stress raises cortisol and blood sugar and blunts recovery. It's often the hidden reason training or treatment plans stop working.



Pillar 5: Connection

		Score
1	I have strong relationships I can rely on	
2	I make time for friendships and community, not just work/training	
3	I feel a sense of purpose in my day-to-day life	
Total score for pillar		

Did you know: Social connection is one of the strongest predictors of long-term health outcomes, often overlooked in both clinical and performance settings.

Pillar 6: Risk

Score

- 1

My alcohol use supports rather than undermines my health/performance goals
- 2

I avoid nicotine and recreational drug use
- 3

I'm aware of other lifestyle exposures that may be working against me

Total score for pillar

Did you know: Risk-pillar habits often quietly cancel out progress made everywhere else.

Interpretation Guide



Mostly green: Strong foundations. The opportunity is usually fine-tuning and data (bloodwork, performance testing) to unlock the next level.



Orange: Good base, but 1–2 pillars are likely capping your progress. Worth identifying which, and why.



Red: This is usually where symptoms (low libido, fatigue, poor recovery, plateaued performance) are coming from and where the highest-leverage changes are.

This audit shows you where the gaps are. It doesn't show you why they're happening for your body, your history, or your training load. That's what a personalised plan is for.

Ready to take action and work on those areas that have gaps? Let's have a chat!



[Book your free 15 min discovery call](#)