



## 30-day senior dog vitality tracker

**Goal:** Document changes in your dog's healthspan before and after the senolytic "hit-and-run" protocol.

### Instructions:

1. **Baseline:** Rate your dog on a scale of 1–10 (1 = Poor, 10 = Excellent) for the first few days before starting.
2. **Dosing:** Mark the "**Dosed?**" column on the 2–3 days you administer the senolytic (e.g., Fisetin).
3. **Observation:** Watch for subtle shifts in scores starting around **Day 14**, as the body clears cellular debris and "inflammaging" subsides.\*

### Vitality definitions:

- **Activity level:** Interest in toys, length of walks, and willingness to play.
- **Mobility/stiffness:** How easily they get up from the rug or climb stairs.
- **Alertness/spark:** Eye contact, responsiveness to their name, and "puppy-like" curiosity.

Day	Dosed? (X)	Activity (1-10)	Mobility (1-10)	Alertness (1-10)	Notes (Sleep, Appetite, etc.)
1					<b>Baseline:</b> <b>Document current</b> <b>state.</b>
2					<b>Baseline</b>
3					<b>Dosing Window</b> <b>Starts</b>
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					

Day	Dosed? (X)	Activity (1-10)	Mobility (1-10)	Alertness (1-10)	Notes (Sleep, Appetite, etc.)
14					Watch for "Rebound" effects here.*
15					
16					
17					
18					
19					
20					
21					
22					
23					
24					
25					
26					

Day	Dosed? (X)	Activity (1-10)	Mobility (1-10)	Alertness (1-10)	Notes (Sleep, Appetite, etc.)
27					
28					
29					
30					Final Assessment

\*Every dog's metabolic "clearance" speed is different. While Day 14 is a common milestone for improvement, some dogs may take up to 30 days to show a visible "rebound" in mobility and mood.

## Interpreting the Results: What the Data Tells You

Once you hit Day 30, look back at your baseline (Days 1–2) and compare it to your final week. Here is how to read the "vitality curve":

### 1. The "U-Shaped" Response (The Ideal Path)

- **What it looks like:** A slight dip in activity or a bit more sleep around Days 4–7, followed by a steady climb in scores starting around Day 14.
- **The Science:** This suggests the "Hit-and-Run" worked. The initial dip was the body's inflammatory response to clearing out dead senescent cells, while the later "peak" represents the healthy cells finally having the resources to thrive.

### 2. The Mobility "Breakthrough"

- **What it looks like:** Stability in Alertness, but a +2 or +3 jump in Mobility/Stiffness.
- **The Science:** Senolytic protocols often target "inflammaging" in the joints. If your dog is getting up faster or taking the stairs with less hesitation, the protocol is successfully lowering systemic joint inflammation.

### 3. The "Spark" Reset

- **What it looks like:** No change in walk length, but a significant increase in Alertness/Spark (tail wagging at the door, better eye contact).

- **The Science:** This often points to improved cognitive health or a reduction in "brain fog." Even if physical arthritis remains, a higher alertness score indicates an improved quality of life.

#### **4. No Change (The Plateau)**

- **What it looks like:** Scores stay within +/- 1 point of the baseline for the full 30 days.
- **The Science:** This could mean the dosage was too low, the dog's senescent cell "burden" is already low, or they need a different senolytic pairing (e.g., adding Quercetin to Fisetin).

**A Note on Safety:** If you see a sustained drop (more than 3 days) in appetite or a score decrease that doesn't "rebound" by Day 14, pause the protocol and consult your vet. Every dog's metabolic "clearance" speed is unique!