



The Ultimate Longevity Tracking System

Measure, Monitor, and Maximize Your Healthspan

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The Truth About Longevity

Most people are dying slowly and don't even know it. They ignore the signals. They skip the tests. They hope for the best. You're not most people. This system will show you exactly what to track, when to track it, and what to do with the data. No fluff. No theory. Just the protocol.

Part 1: The Foundation - What Actually Matters

THE BIG 4 LONGEVITY METRICS

These four metrics predict your lifespan and healthspan better than anything else. **Master these first.**

1. VO₂ Max

- Top predictor of all-cause mortality
- Target: >50 mL/kg/min (elite), >35 minimum (acceptable)
- How to test: Lab test or smartwatch estimate
- Test frequency: Every 90 days

How to improve: Moderate intensity cardio (3-4x/week, 30-45 min) + 1-2 sessions of HIIT cardio

2. Grip Strength

- Tests total body strength and muscle mass
- Target: Men >40kg, Women >25kg (minimum for longevity)
- Test with a hand dynamometer (3 attempts each hand, use best score)
- Test monthly

How to improve: Progressive resistance training, farmer carries, dead hangs

3. Muscle Mass

- Why it matters: Metabolic reserve, injury protection, independence in old age
- Target: Maintain or build throughout life (muscle is your longevity organ)
- How to test: DEXA scan, BIA scale (Hume Health), or circumference measurements
- Test frequency: Monthly for weight/measurements, quarterly for DEXA

How to improve: Resistance training 3-5x/week, 1g protein per lb bodyweight

4. Metabolic Health

- Why it matters: Insulin resistance drives disease and aging
- Target: Fasting glucose 70-85 mg/dL, HbA1c <5.3%, fasting insulin <5 µIU/mL
- How to test: Blood work (fasting)
- Test frequency: Every 3-6 months

How to improve: Resistance training, protein prioritization, sleep, stress management

Part 2: The Blood Work Protocol

Essential Panel (Run Every 6 Months)

Metabolic Markers

- Fasting glucose
- Fasting insulin
- HbA1c
- Triglycerides
- HDL cholesterol

Calculate: Triglyceride/HDL ratio (want <1.0)

Calculate: HOMA-IR (glucose × insulin ÷ 405, want <1.0)

Cardiovascular Markers

- ApoB (most important - want <80 mg/dL)
- LDL cholesterol
- Lp(a) - test once (genetic, doesn't change)
- hs-CRP (inflammation, want <1.0 mg/L)
- Homocysteine (want <10 µmol/L)

Hormones - Men

- Total testosterone (600-1000 ng/dL optimal)
- Free testosterone (100-200 pg/mL)
- Estradiol (20-30 pg/mL)
- DHEA-S
- TSH (1.0-2.5 optimal)
- Free T3 and Free T4

Hormones - Women

- Estradiol (cycle-dependent)
- Progesterone (cycle-dependent)
- DHEA-S
- TSH (1.0-2.5 optimal)
- Free T3 and Free T4
- Consider: FSH, LH (perimenopause/menopause assessment)

Organ Function

- Creatinine and eGFR (kidney)
- ALT, AST, GGT (liver)
- Albumin (protein status)

Nutrients

- Vitamin D (50-80 ng/mL)
- Vitamin B12 (>500 pg/mL)
- Folate
- Magnesium RBC (not serum)
- Ferritin (50-150 ng/mL - not too high)
- Iron panel

Inflammation/Immune

- hs-CRP
- Complete blood count (CBC)
- White blood cell differential

Advanced Panel (Run Annually)

- Omega-3 Index (want >8%) IL-6, TNF-alpha (inflammatory cytokines) IGF-1 (growth factor)
- Cortisol (AM and PM)
- SHBG (sex hormone binding globulin)
- Uric acid
- Apolipoprotein A1

Cutting-Edge Biomarkers (Optional)

- GlycanAge or other biological age tests
- Telomere length testing
- Advanced lipid particle testing (NMR)
- Coronary artery calcium (CAC) score - once at age 40+
- Continuous glucose monitor (2-week trial for metabolic insight)

Part 3: Daily Tracking with Wearables

THE NON-NEGOTIABLES

Sleep Metrics

- Total sleep time: 7-9 hours
- Sleep efficiency: >85%
- Deep sleep: >20% of total REM sleep: >20% of total Sleep onset latency: <20 minutes
- Wake-ups: <3 per night

Recovery Metrics

- Resting heart rate: Track trends (lower = better)
- Heart rate variability (HRV): Track trends (higher = better)
- Body temperature: Baseline tracking
- Respiratory rate: 12-20 breaths/min
- Blood oxygen: >95% during sleep

Activity Metrics

- Daily steps: 8,000-12,000
- Active zone minutes: 150+ per week
- Resistance training sessions: 3-5 per week
- Zone 2 cardio: 150-180 minutes per week
- High-intensity work: 1-2 sessions per week

Recommended Devices

- **Recovery tracking:** WHOOP, Oura Ring
- **Body composition:** Hume Health Scale, InBody, or DEXA
- **Strength testing:** Hand grip dynamometer
- **Blood pressure:** Omron or Withings home monitor
- **Glucose (optional):** Dexcom G7 or Freestyle Libre

Part 4: Body Composition Tracking

Monthly Measurements

- Body weight (same time, same conditions)
- Waist circumference (at navel)
- Hip circumference
- Neck circumference
- Upper arm circumference
- Thigh circumference

Calculate: Waist-to-hip ratio (Men <0.90, Women <0.85)

Quarterly Assessments

- DEXA scan or BIA analysis
- Progress photos (front, back, side - same lighting)
- Body fat percentage
- Lean body mass
- Visceral fat area
- Bone mineral density

Optimal Body Composition Ranges

Men (40-55 years old):

- Body fat: 12-18% (athletic to fit)
- Lean mass: Maintain or build year over year
- Visceral fat: <100 cm² on DEXA

Women (40-55 years old):

- Body fat: 20-28% (athletic to fit)
- Lean mass: Maintain or build year over year
- Visceral fat: <100 cm² on DEXA

Part 5: Performance Testing

QUARTERLY PERFORMANCE BENCHMARKS

Strength Tests

- Grip strength (max effort, both hands) Push-ups to failure (strict form)
Dead hang time (max duration)
- Bodyweight squat test (reps in 60 seconds)
- Plank hold (max time with perfect form)

Cardiovascular Tests

- Resting heart rate (7-day average)
- VO₂ max estimate or lab test
- 1-mile walk/run time
- Zone 2 heart rate sustainability (can you hold conversation?)

Mobility/Functional Tests

- Sit-to-stand test (5 reps, timed)
- Single-leg balance (eyes closed, 30+ seconds)
- Toe touch (flexibility)
- Overhead squat assessment

Part 6: The Tracking Dashboard

- Review sleep score from wearable
- Check HRV and resting heart rate
- Log subjective energy (1-10 scale)
- Log subjective stress (1-10 scale)
- Track training session (if applicable)

Weekly Review (10 minutes)

- Average sleep quality
- Average HRV trend
- Total training volume
- Total steps/activity
- Body weight trend
- Nutrition adherence
- Identify patterns and adjust

Monthly Assessment (30 minutes)

- Body measurements and photos Grip strength test Performance benchmarks
- Review monthly averages
- Adjust training/nutrition protocol

Quarterly Deep Dive (2 hours)

- Comprehensive blood work DEXA or body composition scan VO₂ max test
- Full performance battery
- Review all data with coach/practitioner
- Set next 90-day goals

Annual Longevity Audit (Half day)

- Full biomarker panel (advanced)
- Cardiovascular assessment
- Biological age testing
- Cognitive function baseline
- Comprehensive review of all systems
- Strategic planning for next year

Part 7: Red Flags to Watch For

Immediate Medical Attention Required

- Chest pain or pressure
- Sudden severe headache
- Blood pressure >140/90 sustained
- Resting heart rate >100 bpm sustained
- Unexplained weight loss >10 lbs in a month

Schedule Appointment Within 1 Week

- Fasting glucose >100 mg/dL on multiple tests
- HbA1c >5.7%
- Blood pressure consistently >130/85
- hs-CRP >3.0 mg/L
- Grip strength decline >10% from baseline
- Sleep efficiency <75% for 2+ weeks
- HRV decline >20% sustained for 1+ week

Optimize Within 30 Days

- Triglycerides >150 mg/dL
- HDL <40 mg/dL (men) or <50 mg/dL (women)
- Vitamin D <30 ng/mL
- Body fat trending up 2+ months
- VO₂ max declining
- Consistent poor sleep (<7 hours)

Part 8: The Muscle Mastery Integration

HOW WE TRACK YOUR TRANSFORMATION

Onboarding (Week 1)

- Comprehensive bloodwork panel
- Hume Health Scale setup (daily tracking)
- Grip dynamometer baseline
- VO₂ max assessment
- Body measurements and photos
- Lifestyle and health history intake

Sistem Essentials Foundation

- Probiotic 40B CFU (gut health, immune function)
- His/Hers Multivitamin (nutrient gaps)
- Vitamin D3+K2 (bone health, immune, longevity)
- Additional targeted supplements based on bloodwork

Ongoing Monitoring

- Daily: Hume scale check-ins Weekly: Training performance and recovery review Monthly: Measurements, photos, grip strength
- Quarterly: Blood work, DEXA, performance testing
- Ongoing: Optimization calls to adjust protocol

The 5 P's Applied to Longevity

- **Prime:** Establish metabolic health baseline
- **Prove:** Build muscle and strength foundation
- **Pump:** Maximize muscle fiber recruitment and growth
- **Power:** Develop strength and performance capacity
- **Polish:** Optimize body composition and maintain long-term

Part 9: Your 90-Day Quick Start

Month 1: Establish Baseline

- Get comprehensive blood work
- Purchase grip dynamometer and scale
- Take baseline measurements and photos
- Test grip strength and basic performance
- Start tracking sleep with wearable
- Begin Sistem Essentials supplementation

Month 2: Build Tracking Habits

- Daily weigh-ins (same time)
- Weekly measurement check-ins
- Monthly grip strength test
- Review sleep and HRV trends
- Dial in nutrition and training consistency

Month 3: First Optimization Cycle

- Repeat blood work (compare to baseline)
- DEXA scan or body composition test
- VO_2 max retest
- Performance benchmark retest
- Analyze all data and adjust protocol

Longevity isn't luck. It's not genetics. It's a system. You track the right metrics. You optimize the variables you can control. You stay consistent. You course-correct when needed. This is how you build a body that lasts.

Data guides. Discipline delivers. Longevity is earned.

Now get your baseline. Start tracking. And build the strongest, most resilient version of yourself.