

Homeostasis Research Institute

Homeostatic Alignment™ Outcomes Registry

Observational Participant Registry – Real-World Experience Reporting

Registry Code: HA-ORR-_____ **Form Version:** 1.0 **Date:** ___ / ___ / ____

Medical Disclaimer

The Homeostatic Alignment™ protocol is intended as a complementary wellbeing approach and does not replace medical diagnosis, treatment, or professional healthcare advice. Individuals with diagnosed medical conditions should undertake the protocol in consultation with their qualified healthcare professional or medical team and continue following the guidance of their healthcare providers.

Purpose of Registry

This registry collects structured observational reports from individuals who complete the Homeostatic Alignment™ 14-Day Protocol. The objective is to document participant experiences and observed changes in wellbeing in a standardized format to support understanding of reported outcomes.

1. Participant Information

Participant ID: _____

Full Name: _____

Email Address: _____

Country / Location: _____

Age: _____

Sex: _____

Date Protocol Completed: _____

2. Protocol Completion Confirmation

I completed the full 14-Day Homeostatic Alignment™ Protocol

If not completed, day stopped: _____

Reason (optional): _____

3. Baseline Health Status (Before Protocol)

Indicate severity of symptoms prior to starting the protocol.

Area	None (0)	Mild (1)	Moderate (2)	Severe (3)
Anxiety / Panic				
Sleep Issues				
Stress Levels				
Energy / Fatigue				
Digestive Issues				
Mood Stability				
Overall Wellbeing				

4. Changes Observed After Completing Protocol

Area	No Change	Slight Improvement	Moderate Improvement	Significant Improvement
Anxiety / Stress				
Sleep Quality				
Energy Levels				
Mental Clarity				
Digestive Function				
Mood Stability				
Overall Wellbeing				

5. Timeline of Changes

Changes noticed during the first few days

- Changes noticed during the second week
- Changes noticed after completing the protocol
- Gradual improvements over time
- No noticeable changes

6. Additional Observations

7. Medical Support

- Protocol undertaken with guidance of healthcare professional
- Protocol completed independently

Healthcare provider notes (optional):

8. Data Use & Privacy

Information collected through the Homeostatic Alignment™ Outcomes Registry is used for observational analysis of participant experiences following completion of the Homeostatic Alignment™ 14-Day Protocol.

Responses may be used to identify patterns in participant reported outcomes, support further research into homeostasis and wellbeing, and inform development of preventive health approaches. Personal identifying information will not be publicly disclosed.

Participants may request removal of their data from the registry at any time.

9. Participant Consent

- I consent to my anonymised data being included in the Homeostatic Alignment™ Outcomes Registry.
- I understand this registry records observational participant experiences only and does not constitute medical advice.

Participant Signature: _____

Date: ___ / ___ / ____