

HQP QUADRANT CHECKBOX WORKSHEET™

Fast quadrant placement using ELI + ARI

HQP REJECTIONS <20 = PROCEED

HQP REJECTIONS ≥20 = RETEST

ELI - EMOTIONAL LOAD INDEX

MAJOR MARKERS - 2 POINTS EACH

- ☐ Stress Index Questionnaire ≥20
- ☐ HQP Stress Index >100
- ☐ Polyvagal Positive: all 3 sections red

MINOR MARKER - 1 POINT

- ☐ VLF >40%

ELI SCORE: _____

0–1 = LOW ELI

2+ = HIGH ELI

ARI - AUTONOMIC RESILIENCE INDEX

MAJOR MARKERS - 2 POINTS EACH

- ☐ SDNN <40
- ☐ Total Power <1500

MINOR MARKERS - 1 POINT EACH

- ☐ RMSSD <25
- ☐ LF <15%

HF MODIFIER

- ☐ HF <15% (+1)
- ☐ HF >45% + TP <1500 (+1)
- ☐ HF >45% + TP >1500 = IGNORE

ARI SCORE: _____

0–2 = HIGH ARI

3+ = LOW ARI

QUADRANT ASSIGNMENT

ELI	ARI	QUADRANT	CLINICAL MEANING
HIGH	LOW	Q1 OVERWHELMED	High burden + low adaptability
HIGH	HIGH	Q2 COMPENSATING	High burden + high adaptability
LOW	LOW	Q3 EXHAUSTED	Low burden + low adaptability
LOW	HIGH	Q4 THRIVING	Low burden + high adaptability

Q3 EXHAUSTION STAGING

Q3 LEVEL	SDNN	TOTAL POWER
Q3A Early Exhaustion	40–48	1000–1499
Q3B Moderate Exhaustion	30–39	800–999
Q3C Advanced Exhaustion	<30	<800

OVERRIDE: SDNN <30 OR TOTAL POWER <800 = Q3C ADVANCED EXHAUSTION



THE GOAL IS NOT BALANCE.
THE GOAL IS IMPROVED AUTONOMIC NERVOUS SYSTEM ADAPTABILITY.

