



BLUEPR1NT.ONE

One body. One mind. One life. One blueprint.

A personalized engagement platform built around adaptive stability — helping people and organisations carry load, recover well, and keep improving.

Rhythm

Regulation

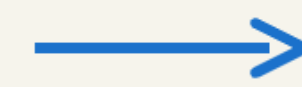
Reserve

Resonance

Smart aging, smart living

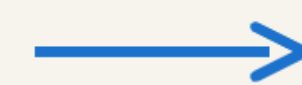
Life changed faster than biology did. The gap between how we live today and what people are made for is where fatigue, illness and burnout grow.

Always-on work & screens



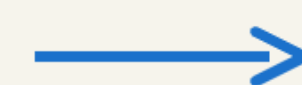
A body built for rhythm and rest

Constant stimulation



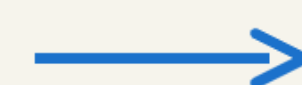
A nervous system that needs regulation

Sedentary, low-load days



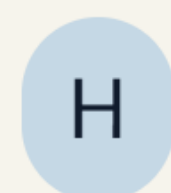
Capacity that only grows under load

Digital contact, thin connection



Meaning found in real resonance

Founded
by



Hans — architect performance &
adaptation



Christophe — Experience, Value,
Product

Knowledge · experience · ambition · battle
scars

Life never stands still.

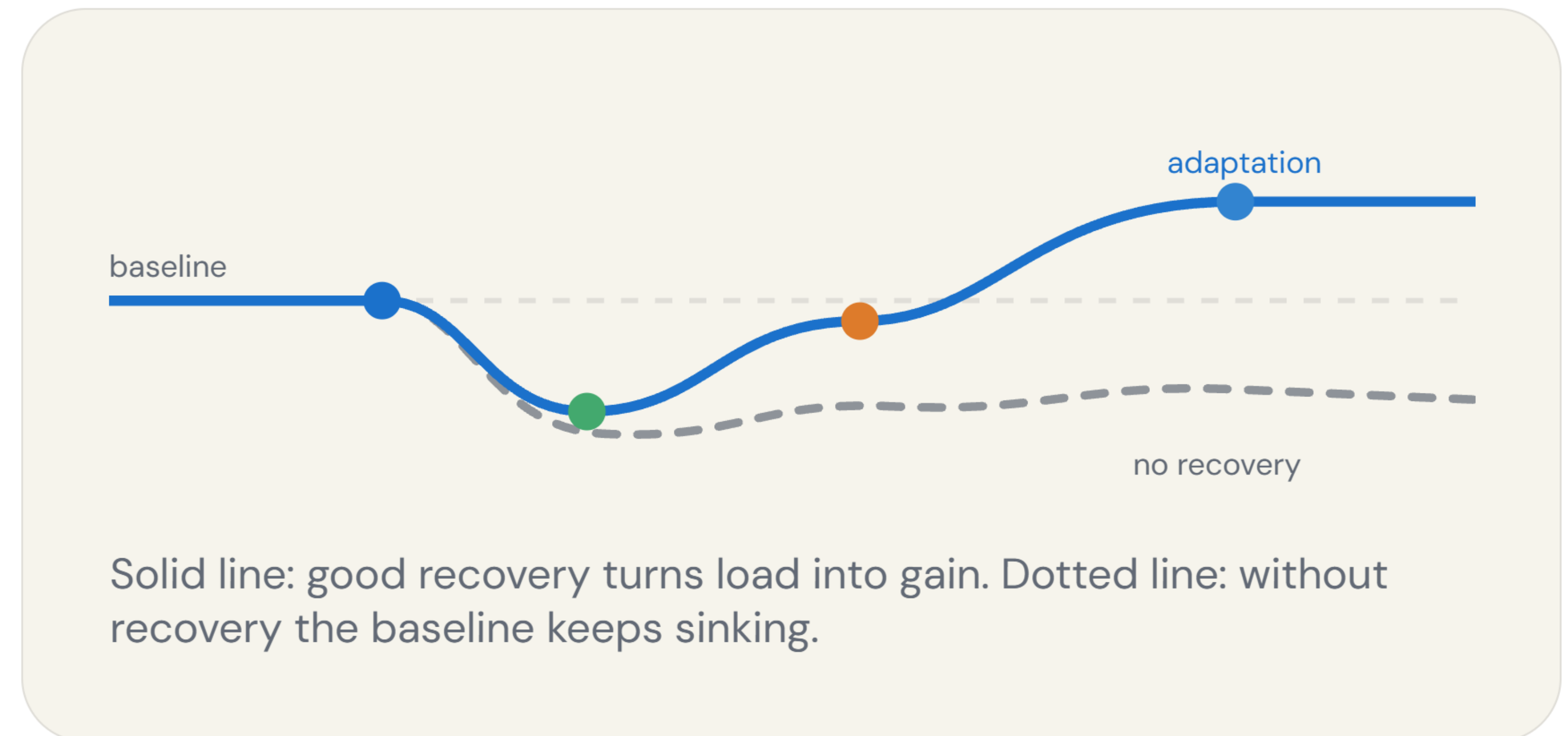
Nobody is able to stay fit and funky all the time. Life keeps adding load. What matters is resilience, flexibility and resonance — the ability to cope, recover, and come back stronger than before.

1 · Load Life, work, training, stress

2 · Response A dip well below baseline

3 · Recovery Back to just under baseline

4 · Adaptation Above the original baseline



Adaptive stability is not rigidity. It is the capacity to absorb load, return to balance, and adapt upward — again and again, across a lifetime.

Capacity

How much load you can carry before the system tips.

Recovery

How fast and how completely you return to balance.

Adaptation

The upward shift that follows well-recovered load.

The 4 R's — stacked, not separate

Resonance

Meaning, connection and purpose — the reason the rest holds.

Reserve

Physical and mental capacity: strength, condition, buffer.

Regulation

Stress response, nutrition, breathing — returning to balance.

Rhythm

Sleep, light, movement, timing — the foundation everything rests on.

Rhythm makes regulation possible, regulation protects reserve, reserve creates room for resonance.

Side note: the full 4 R's in *The Adaptive Blueprint* by Hans — included in the premium programme.

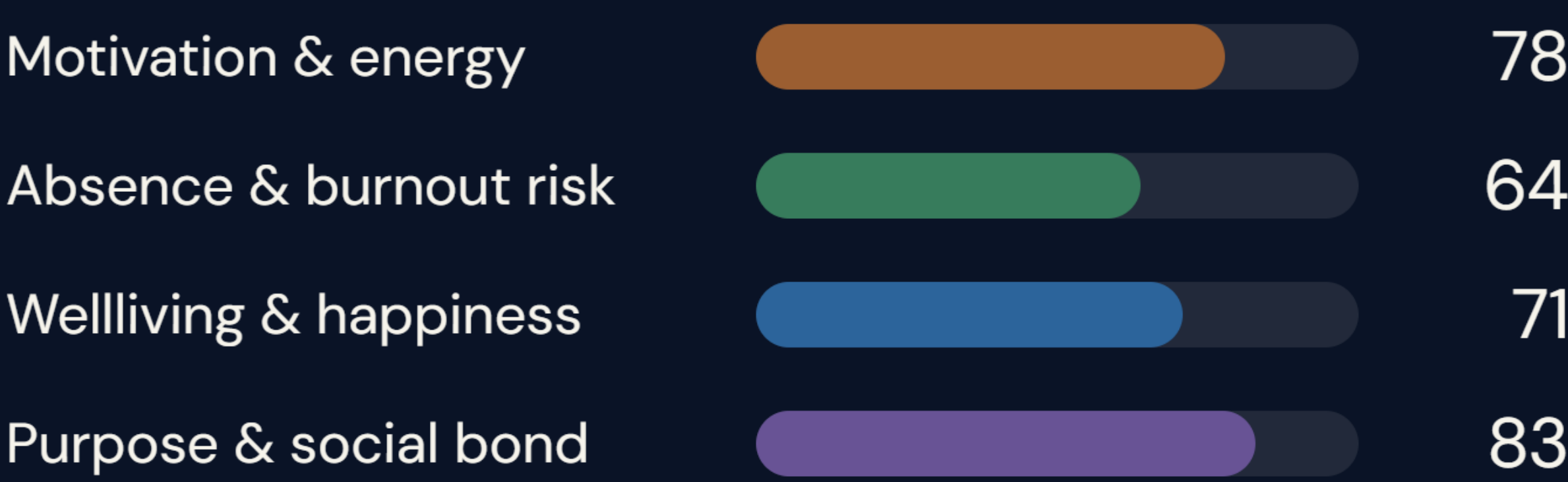
Invest in people who adapt

For employers it is a measurable investment in continuity. For employees it is a personal, private blueprint they keep for life.

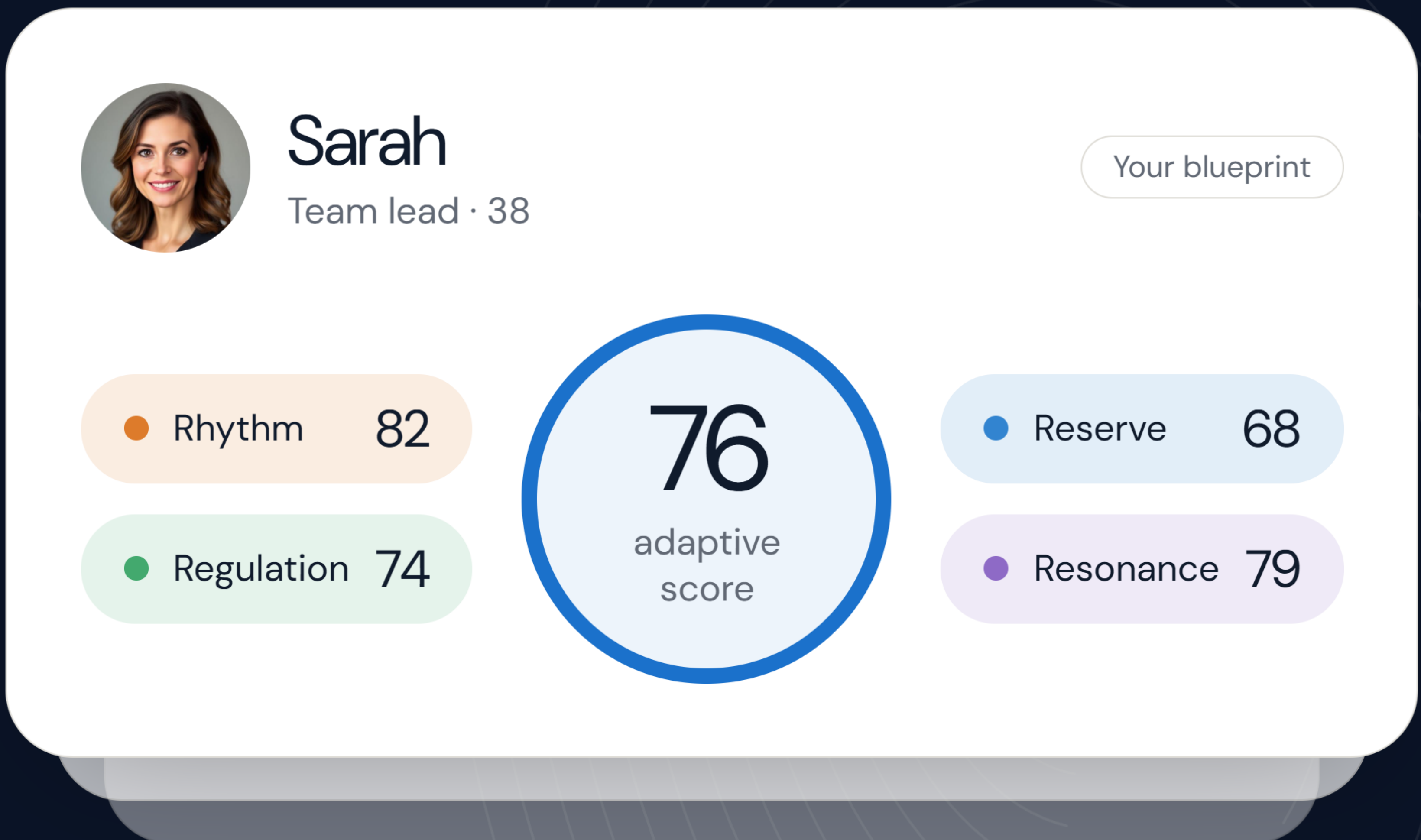
Every individual is unique and starts somewhere different — so the experience, and the impact, is optimised person by person.

Unique start Personal path Shared gain

The gears these people turn inside the company



Mental, physical and social health treated as one system — with education and engagement built in, not bolted on.



Every person gets their own card.

From insight to action.

Four steps, one loop. Step 03 is where everything comes together — the app.

01

Insights

Understand

A short personal 4R scan.

~25 questions give a snapshot of Adaptive Stability.

Kickstarter

Workshop

Awareness

Realisation

Introduction

02

Educate

Personalize

Scores create an individual blueprint.

The platform shows where attention creates the most impact.

Reflection

Understanding

Personalisation

Identifying

Unique

Tailored

Workshops

Trainings

03

Experience

Act

Challenges, content, motivation and activation.

No overwhelming plan. Just the right next actions.

App

Coaching

Educational

Retreats

Teambuilding

Sessions

Guidance

04

Engaged

Improve

Consistency, progress and gain over time.

As you change, your blueprint evolves with you.

Result

Growth

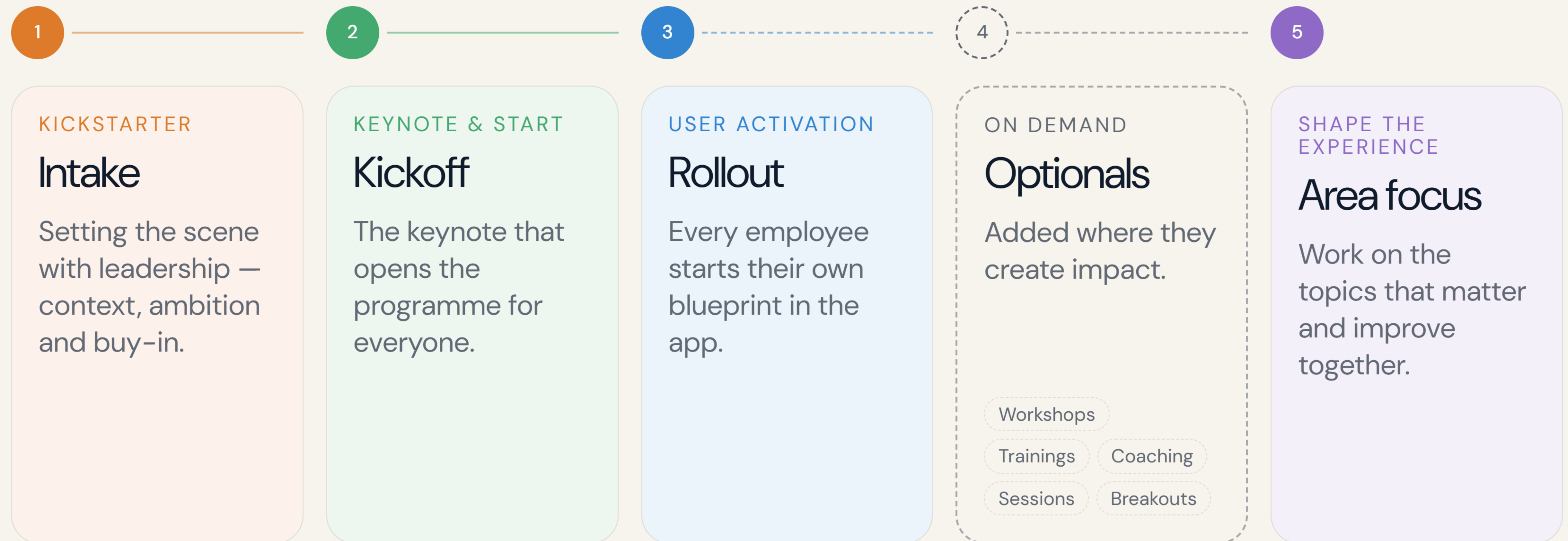
Challenges

Health

Entanglement

Commitment

Clear proven base approach — scalable to your needs



Services & building blocks

- **Credits** (BLUEPRINT app usage)

1 credit = 1 month activation

- €9.99 / 1 credit

- 2.5% discount per 500 credits

Max -25% (user volume)

Max -25% (education reward)

Both discounts are compatible

- **Packages**

Topic tracks — 90 days: overall improvement, stress & sleep, food & activity, manager accelerator

- **Workshops**

Executive & leadership, communication, pressure handling

- **Coaching**

Individual and team coaching trajectories

- **Training**

Lunch & learn sessions, skill-building tracks

- **Keynotes**

Kickoff or topic based, tuned to your programme

- **Guidance**

Management guiding and programme follow-up

- **Insights**

- CGM trackers

- HRV tracking

- **Customization**

- Styling

- Design

- Development