

Pediatric Neuro-Immunity & Flare Tracker

Client (Child) Name: __ Parent/Guardian: __ Date: __

Section 1: Baseline Symptom Checklist

Check all that apply to the child's current presentation or recent "flare."

Neuro-Psychiatric Symptoms: - ☐ Sudden onset OCD (e.g., lining up objects, hand washing) - ☐ Motor or vocal tics (e.g., eye blinking, throat clearing) - ☐ Separation anxiety (sudden "clinginess") - ☐ Emotional lability (sudden mood swings/aggression) - ☐ Developmental regression (e.g., "baby talk," loss of skills) - ☐ Sleep disturbances or night terrors

Physical/Metabolic Indicators: - ☐ "Brain fog" or sudden difficulty concentrating - ☐ Increased "stimming" or repetitive behaviors - ☐ Sensory sensitivities (noise, light, clothing textures) - ☐ Recent history of sore throat, fever, or infection - ☐ Digestive issues (constipation, bloating, or diarrhea)

Section 2: Daily Protocol & Symptom Log

Use this table to track 100% compliance with the "Target" phase and monitor behavior.

Day	GF/CF/SF Diet (100%?)	Supplements (Goldenseal/D3/Zinc)	Mood/Behavior (1-10)	Notes (Stool, Sleep, Energy)
Mon	<input type="checkbox"/> Yes	<input type="checkbox"/> Yes	/10	
Tue	<input type="checkbox"/> Yes	<input type="checkbox"/> Yes	/10	
Wed	<input type="checkbox"/> Yes	<input type="checkbox"/> Yes	/10	
Thu	<input type="checkbox"/> Yes	<input type="checkbox"/> Yes	/10	
Fri	<input type="checkbox"/> Yes	<input type="checkbox"/> Yes	/10	
Sat	<input type="checkbox"/> Yes	<input type="checkbox"/> Yes	/10	
Sun	<input type="checkbox"/> Yes	<input type="checkbox"/> Yes	/10	

Behavior Scale: 1 = Calm/Baseline, 10 = Acute "Brain on Fire" Flare

Section 3: Flare Reflection & Root Analysis

Did a flare occur this week? ☐ Yes ☐ No

If yes, identify potential triggers (The Reveal): 1. **Dietary Slip:** Any exposure to Gluten, Casein (Dairy), or Soy? __ 2. **Immune Trigger:** Any signs of a cold, sore throat, or skin rash? __ 3. **Environmental:** Any high-stress events or new chemical exposures? ____

Observations (Changes in tics, OCD, or "stimming" behaviors):

Next Steps for the Practitioner:

- ☐ Review OAT markers (HPHPA/Arabinol) if symptoms persist.
 - ☐ Assess Zinc status if "picky eating" or sensory issues increase.
 - ☐ Ensure 100% GF/CF/SF compliance (The "No 80/20 Rule" for PANS/PANDAS).
 - ☐ Schedule follow-up to evaluate antimicrobial (Goldenseal) efficacy.
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AccrediPro Standards Institute Certified Tool Based on The R.O.O.T.S. Method™ for Pediatric Functional Medicine
