

The "Fire & Fuel" Inflammation Tracker

Client Name: _____ Date: _____

Section 1: Your "Internal Weather" Report

In our session, we discussed your **hs-CRP** (High-Sensitivity C-Reactive Protein). Think of this as your body's **Smoke Detector**.

- **Current Smoke Detector Reading (CRP):** __ mg/L
- **Target Reading:** < 1.0 mg/L
- **Your Primary "Fire" Symptoms:** (e.g., morning stiffness, brain fog, redness)

1. _____

2. _____

Section 2: Daily Fuel & Fire Log

Use this table to track how your "Fuel" (lifestyle choices) affects your "Fire" (symptoms).

Rating Scale: 1 (Low/Cool) to 5 (High/Hot)

Day	Sleep (Hours & Quality)	Stress Level (1-5)	Anti-Inflammatory Foods? (Y/N)	Morning Stiffness (1-5)	Brain Fog (1-5)
Mon					
Tue					
Wed					
Thu					
Fri					
Sat					
Sun					

Anti-inflammatory foods include: colorful vegetables, wild-caught fish, walnuts, olive oil, and berries.

Section 3: Connecting the Dots (Reflection)

At the end of the week, look back at your log and answer these questions:

1. **Identify the Pattern:** On the days your stiffness or fog was a "4" or "5," what was your sleep or stress like the night before? _____
 2. **The "Cooling" Factor:** What was one specific moment this week where you felt "cooler" (less pain/more clarity)? What were you doing? _____
 3. **Weekly Inflammation Score:** (Average of your Stiffness + Fog scores) **Score:** ___ / 10
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Next Steps: Changing the Fuel

To turn down the smoke detector, we will focus on these "cooling" actions this week:

- [] **Sleep Goal:** _____
- [] **Stress Tool:** _____
- [] **Nutrition Swap:** _____

Coach's Note: Remember, we aren't just managing symptoms; we are changing the environment of your immune system. Small shifts in your "fuel" lead to big changes in your "fire."

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