

# Immune Modulation Protocol & Resolution Tracker

Client Name: \_\_\_\_\_ Date: \_\_ Primary Immune Phenotype: ☐ Autoimmune Dominant (Th17/Treg)

☐ Atopic/Allergic (Th2/Mast Cell)

☐ Chronic Viral (Th1/NK Cell)

☐ Systemic Inflammatory (Unresolved)

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## Section 1: The Targeted Protocol

Based on your functional labs, we are moving from "boosting" to "balancing" your immune system using the R.O.O.T.S. Method™.

Category	Intervention (Nutraceutical/Botanical)	Dosage/Timing	Notes (e.g., with fat-containing meal)
The Triad	Vitamin D3 (+K2)		Target range: 50–80 ng/mL
The Triad	Vitamin A (Retinoic Acid)		Barrier & Oral Tolerance support
The Triad	Zinc		Thymus gland support
Resolution	SPMs (Specialized Pro-resolving Mediators)		Signals the "end" of inflammation
Modulator	(e.g., Curcumin, Quercetin, Reishi)		
Treg Support	(e.g., Butyrate, Glutathione)		

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## Section 2: Weekly Resolution & Lifestyle Tracker

Use this table to track your adherence to the protocol and the "Lifestyle Multipliers" that allow your immune system to repair.

Day	Protocol Adherence (High/Med/Low)	Sleep Window (Goal: 10PM–2AM)	Inflammation Score (1-10)	Notes (Energy, Digestion, Flare-ups)
Mon	<input type="checkbox"/>	<input type="checkbox"/>		
Tue	<input type="checkbox"/>	<input type="checkbox"/>		
Wed	<input type="checkbox"/>	<input type="checkbox"/>		
Thu	<input type="checkbox"/>	<input type="checkbox"/>		
Fri	<input type="checkbox"/>	<input type="checkbox"/>		
Sat	<input type="checkbox"/>	<input type="checkbox"/>		
Sun	<input type="checkbox"/>	<input type="checkbox"/>		

### Section 3: Reflection & Progress

**Inflammation Comparison:** How do your symptoms (joint pain, allergies, fatigue) compare to last week? (e.g., *“70% reduction in hay fever,” “Joints feel less stiff in the morning”*)

**Circadian Check-in:** Did you prioritize the 10 PM – 2 AM immune repair window? ☐ Yes ☐ No  
*Note: Melatonin and rest are the "multipliers" for your supplements.*

**Total Weekly "Resolution" Score (0-10):** \_\_\_\_ *(How close do you feel to "Immunological Tolerance" vs. "Chronic Defense"?)*

### Next Steps / Adjustments:

*AccrediPro Standards Institute Certified Tool Functional Medicine Level 1: Targeted Immune Modulation*