

THE "SECURITY TEAM" INFLAMMATION TRACKER & ACTION PLAN

Client Name: _____ Date: _____

Section 1: The "High Alert" Assessment

Use this section to identify where your body's "security team" is currently on high alert.

Check all that apply:

Physical "Puffiness" & Sensation - ☐ Waking up with stiff or "creaky" joints - ☐ Feeling "puffy" in the face, hands, or abdomen - ☐ Persistent "brain fog" or difficulty focusing - ☐ Feeling "wired but tired" (exhausted but unable to rest)

Current "Immune Triggers" - ☐ High-stress demands (work/home) - ☐ Reliance on "convenience" or processed foods - ☐ High caffeine intake (3+ cups daily) to manage fatigue - ☐ Hormonal shifts (Perimenopause/Menopause symptoms)

Section 2: 7-Day "Cooling the Fire" Tracker

The goal is to provide your "security team" with the resources they need to stand down.

Track your daily inputs and how your body responds.

| Day | Stress Level (1-10) | "Quick-Fix" Food/Caffeine? | Joint/Fog Severity (1-10) | Notes (Puffiness, Sleep, Mood) |
|-----|---------------------|----------------------------|---------------------------|--------------------------------|
| Mon | | <input type="checkbox"/> | | |
| Tue | | <input type="checkbox"/> | | |
| Wed | | <input type="checkbox"/> | | |
| Thu | | <input type="checkbox"/> | | |
| Fri | | <input type="checkbox"/> | | |
| Sat | | <input type="checkbox"/> | | |
| Sun | | <input type="checkbox"/> | | |

Section 3: Reflection & Ownership

Total Weekly High-Stress Days: __ Total Days with "Quick-Fix" Foods: __

Observations: When did you notice your "security team" was most reactive? (e.g., "After my 4th cup of coffee" or "After a long day at school"):

The "Shift": Instead of feeling like your body is "attacking" you, how can you help your "security team" feel safe enough to stand down this week?

Next Steps:

1. **Hydration:** Replace 1 cup of coffee with herbal tea or mineral water.
 2. **Resource the Body:** Incorporate 1 anti-inflammatory "whole food" at lunch.
 3. **The "Breakroom" Moment:** Schedule 5 minutes of deep breathing to signal to the HPA-axis that the threat has passed.
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AccrediPro Standards Institute Certified Tool

Practitioner Instructions:

- **The Analogy:** Use this tool to reinforce the "Security Team" analogy. Remind the client that the "puffiness" is a defense mechanism, not a failure.
 - **The Goal:** Use the reflection section to help the client gain **ownership** over their triggers (Stress, Caffeine, Diet).
 - **Validation:** If the client is perimenopausal, acknowledge that hormonal shifts are a biological "trigger" that requires extra grace and support for the immune system.
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