

Nervous System State & Vagus Tone Tracker

Client Name: _____ Date: _____

Section 1: Baseline Autonomic State Assessment

Before starting your daily exercises, identify which state your nervous system is currently inhabiting. Check the box that most closely matches your current feeling.

[] **Ventral Vagal (Safety & Connection):** I feel calm, social, curious, and physically relaxed. My digestion feels stable. [] **Sympathetic (Fight or Flight):** I feel anxious, frustrated, "wired but tired," or physically tense. My heart rate feels elevated. [] **Dorsal Vagal (Shutdown/Collapse):** I feel numb, foggy, exhausted, unmotivated, or "checked out."

Vagal Tone Check (RSA): Place two fingers on your pulse. Inhale deeply for 4 seconds, then exhale slowly for 6 seconds. * **Observation:** Did your heart rate speed up on the inhale and slow down on the exhale? * [] Yes, clearly (Robust Vagal Tone) * [] Slightly (Moderate Vagal Tone) * [] No change/Flat (Low Vagal Tone - "Physiological Rigidity")

Section 2: Daily Neuromodulation Protocol

Work with your practitioner to select 2–3 techniques to perform daily. Aim for "frequency over duration."

Technique	Instructions	Goal
Deep Diaphragmatic Breathing	4s Inhale / 6s Exhale. Expand the belly, not the chest.	Activate Ventral Vagal state.
Transcutaneous VNS (nVNS)	Use device on the ear (Cymba Conchae) or neck as directed.	Reduce TNF-alpha/Inflammation.
Limbic Retraining (DNRS/Gupta)	Perform your specific "rewiring" visualizations/steps.	Calm the brain's "alarm center."
Vocal Toning	Humming, chanting, or gargling loudly.	Stimulate the laryngeal Vagus branch.
Cold Exposure	30-second cold splash to the face or end of shower.	Trigger the Mammalian Dive Reflex.

Section 3: Weekly Progress Tracker

Log your daily completion and your morning Heart Rate Variability (HRV) if using a wearable (Oura, Whoop, etc.).

Day	HRV Score	nVNS/Breathing	Limbic Exercises	Primary State (V/S/D)
Mon		[]	[]	
Tue		[]	[]	
Wed		[]	[]	
Thu		[]	[]	
Fri		[]	[]	
Sat		[]	[]	
Sun		[]	[]	

Section 4: Reflection & Observations

Weekly Symptom Check: (Note changes in Brain Fog, Chemical Sensitivity, or Digestion)

Interoceptive Check-in: (How does your body feel different when you are in a Ventral Vagal state?)

Next Steps:

- [] Increase/Decrease VNS intensity
 - [] Focus on RSA breathing during "stress spikes"
 - [] Schedule follow-up to review HRV trends
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