

Immune Dominance & Resilience Tracker

Client Name: _____ **Date:** _____

Section 1: Identifying Your Immune "Skew"

Check the boxes that apply to your symptoms over the last 30 days to help identify which T-cell subset may be dominant.

Pattern A (Th1 Dominance - "The Infantry") - [] Confirmed Hashimoto's or Psoriasis - []
History of organ-specific autoimmune issues - [] Frequent "flu-like" symptoms without a cold
- [] Strong response to viral infections

Pattern B (Th2 Dominance - "The Humoral") - [] Chronic seasonal allergies or hay fever -
[] Eczema, hives, or skin rashes - [] Asthma or reactive airway issues - [] History of
environmental or chemical sensitivities

Pattern C (Th17 Dominance - "The Wildfire") - [] Rapid, aggressive tissue or joint destruction - [] Severe "brain fog" and cognitive fatigue - [] High sensitivity to salt in the diet - [] Documented gut dysbiosis (e.g., Klebsiella, SFB)

Section 2: The "Firestarter" & "Peacekeeper" Tracker

Use this table to track the triggers that fuel the "Wildfire" (Th17) and the nutrients that empower the "Park Rangers" (Tregs).

Category	Daily Action/Metric	Mon	Tue	Wed	Thu	Fri	Sat	Sun
	Glutathione: Liposomal or precursor support	<input type="checkbox"/>						
Symptoms	Pain/Inflammation Level: (1–10 scale)							

Section 3: Reflection & Clinical Scoring

Weekly Resilience Score: (Total checkmarks from Section 2) / 35: _____

The "Wildfire" Analogy Observation: Are the "Park Rangers" (Tregs) gaining control? Note any changes in joint mobility, skin clarity, or energy levels.

Gut-Immune Connection: Have you noticed any digestive changes (bloating/regularity) coinciding with immune flares?

Next Steps:

- [] **Target:** Aim for Vitamin D serum levels of 50–70 ng/mL.
 - [] **Reveal:** Review latest stool analysis for Th17-triggering bacteria (*Klebsiella*).
 - [] **Organize:** Map current flares to the "Defense & Repair" node in the ROOTS Method™.
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