

Immune Resilience & Flare Tracker

Client Name: _____ Date Range: _____

Section 1: Baseline Immune Signature Assessment

Identify which immune branches may be "loudest" based on your current symptoms. Check all that apply.

Branch A (Th1/Th17 - Tissue/Cellular Focus) - [] Persistent joint pain or stiffness (RA/Autoimmune type) - [] Chronic fatigue or "all-day" exhaustion - [] History of "self-attack" diagnoses (Hashimoto's, Psoriasis, etc.) - [] Significant brain fog or cognitive "heaviness"

Branch B (Th2/Mast Cell - Extracellular/Histamine Focus) - [] Sudden skin itching, hives, or redness - [] Sensitivity to smells, heat, or specific foods - [] Seasonal allergies, asthma, or frequent congestion - [] "Reactive" symptoms that come and go quickly

Branch C (Loss of Oral Tolerance - GALT Focus) - [] Multiple food sensitivities (reacting to "everything") - [] Bloating or discomfort immediately after eating - [] History of "Leaky Gut" or chronic digestive distress

Section 2: Daily Modulation & Symptom Log

Track your consistency with the "Resolution" protocol (SPMs, Curcumin, Vit D) and monitor flare intensity.

Day	Flare Intensity (1-10)	Primary Symptom (e.g., Joint Pain, Itch, Fog)	Protocol Followed? (SPMs, Curcumin, Vit D, etc.)	Potential Trigger (Stress, Food, Environment)
Mon			<input type="checkbox"/>	
Tue			<input type="checkbox"/>	
Wed			<input type="checkbox"/>	
Thu			<input type="checkbox"/>	
Fri			<input type="checkbox"/>	

Day	Flare Intensity (1-10)	Primary Symptom (e.g., Joint Pain, Itch, Fog)	Protocol Followed? (SPMs, Curcumin, Vit D, etc.)	Potential Trigger (Stress, Food, Environment)
Sat			<input type="checkbox"/>	
Sun			<input type="checkbox"/>	

Section 3: Reflection & Clinical Markers

Biochemical Progress (If known): - C-Reactive Protein (CRP): Previous: _ Current: _ - Vitamin D (25-OH): Previous: _ Current: _ (Target: 60-80 ng/mL)

Weekly Summary: 1. Frequency of Flares: (e.g., decreased from 5 days to 2 days) ____
 2. Recovery Speed: (Did the flare resolve faster using SPMs/Vit C?) ____ 3. Oral Tolerance: (Any improvements in food reactions?) ____

Observations:

Next Steps:

- [] If joint pain persists (Th17), discuss increasing Vitamin D3/K2 or Curcumin dose.
 - [] If histamine/itching is high, prioritize Quercetin and Vitamin C (Bowel Tolerance).
 - [] If food reactions are the priority, focus on Butyrate and Vitamin A for GALT support.
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