

# Pediatric Neuro-Immunity & Flare Tracker

Client (Child) Name: \_\_ Parent/Guardian: \_\_ Date: \_\_

## Section 1: Baseline Symptom Checklist

*Check all that apply to the child's current presentation or recent "flare."*

**Neuro-Psychiatric Symptoms:** - [ ] Sudden onset OCD (e.g., lining up objects, hand washing) - [ ] Motor or vocal tics (e.g., eye blinking, throat clearing) - [ ] Separation anxiety (sudden "clinginess") - [ ] Emotional lability (sudden mood swings/aggression) - [ ] Developmental regression (e.g., "baby talk," loss of skills) - [ ] Sleep disturbances or night terrors

**Physical/Metabolic Indicators:** - [ ] "Brain fog" or sudden difficulty concentrating - [ ] Increased "stimming" or repetitive behaviors - [ ] Sensory sensitivities (noise, light, clothing textures) - [ ] Recent history of sore throat, fever, or infection - [ ] Digestive issues (constipation, bloating, or diarrhea)

## Section 2: Daily Protocol & Symptom Log

*Use this table to track 100% compliance with the "Target" phase and monitor behavior.*

Day	GF/CF/SF Diet (100%?)	Supplements (Goldenseal/D3/Zinc)	Mood/Behavior (1-10)	Notes (Stool, Sleep, Energy)
Mon	[ ] Yes	[ ] Yes	/10	
Tue	[ ] Yes	[ ] Yes	/10	
Wed	[ ] Yes	[ ] Yes	/10	
Thu	[ ] Yes	[ ] Yes	/10	
Fri	[ ] Yes	[ ] Yes	/10	
Sat	[ ] Yes	[ ] Yes	/10	
Sun	[ ] Yes	[ ] Yes	/10	

*Behavior Scale: 1 = Calm/Baseline, 10 = Acute "Brain on Fire" Flare*

## Section 3: Flare Reflection & Root Analysis

Did a flare occur this week? [ ] Yes [ ] No

If yes, identify potential triggers (The Reveal): 1. **Dietary Slip:** Any exposure to Gluten, Casein (Dairy), or Soy? \_\_ 2. **Immune Trigger:** Any signs of a cold, sore throat, or skin rash? \_\_ 3. **Environmental:** Any high-stress events or new chemical exposures? \_\_

Observations (Changes in tics, OCD, or "stimming" behaviors):  

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### Next Steps for the Practitioner:

- [ ] Review OAT markers (HPHPA/Arabinitol) if symptoms persist.
  - [ ] Assess Zinc status if "picky eating" or sensory issues increase.
  - [ ] Ensure 100% GF/CF/SF compliance (The "No 80/20 Rule" for PANS/PANDAS).
  - [ ] Schedule follow-up to evaluate antimicrobial (Goldenseal) efficacy.
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