

PNEI Systemic Load & Vagal Resilience Tracker

Client Name: __ Date: __ Week Number: __

Section 1: The PNEI "Threat" Assessment

Use this section to identify current systemic signals of Limbic System hyper-sensitization and neuroinflammation.

Score the following on a scale of 0–5 (0 = None, 5 = Severe): - [] **Brain Fog:** Difficulty focusing, "cloudy" thinking, or word-finding lag. (____) - [] **Hyper-Sensitivity: Reactivity to smells, chemicals, lights, or loud noises.** (____) - [] **"Tired but Wired":** Exhausted but unable to sleep or "turn off" the brain. (____) - [] **Sickness Behavior: Feeling "flu-like" (aching/fatigue) without an active infection.** (____) - [] **Emotional Reactivity:** Feeling easily overwhelmed by minor stressors. (____)

Section 1 Total Score: ___ / 25

Section 2: Daily Vagal Tone & Neuro-Regulation Tracker

Aim for at least 3 "Vagal Hits" per day to signal safety to the PNEI super-network.

Strategy	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Vagal Stim: (Gargling, Singing, or Cold Splash)	<input type="checkbox"/>						
90-Second Rule: (Breathed through an emotion without story)	<input type="checkbox"/>						
HRV Check: (Score from Oura/Whoop/App)	—	—	—	—	—	—	—
Gut-Brain Support: (Anti-inflammatory diet/probiotics)	<input type="checkbox"/>						

Section 3: Polyvagal State Recognition

At the end of each day, check which state you spent the MOST time in:

-  **Ventral Vagal (Safe/Social):** Calm, connected, curious, digestion feels good.
-  **Sympathetic (Fight/Flight):** Anxious, frustrated, racing heart, shallow breath.
-  **Dorsal Vagal (Freeze/Shutdown):** Numb, hopeless, "checked out," heavy fatigue.

Weekly Dominant State: _____

Section 4: Reflection & Integration

Clinical Antecedent Note (ACE Awareness): Are there current "threats" in your environment that remind your system of past stressors?

The "Space Between the Nodes": How did your physical symptoms (Immuno/Endocrino) change when you focused on your emotional state (Psycho) this week?

Weekly Win: (One moment you successfully shifted from "Threat" to "Safety"):

Next Steps:

- [] Increase Vagal stimulation frequency (e.g., 2-minute cold shower).
 - [] Focus on "Gut-Brain" nutrition to lower LPS-induced neuroinflammation.
 - [] Practice the 90-Second Rule during the next "flare" or stress event.
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