

RESILIENCE & RELAPSE PREVENTION PLAN (RPP)

Client Name: _____ Date of Transition: __

Objective: To transition from the "Target" phase to the "Sustain" phase by identifying the "whispers" of dysfunction (Yellow Zone) before they become clinical "screams" (Red Zone).

Section 1: The "Green Zone" (My Optimal Baseline)

These are your non-negotiables. When these are in place, your systems remain resilient.

Daily "Sustain" Habits: - ☐ **Nutrition:** _____ (e.g., No gluten/dairy, 30g fiber) - ☐
Movement: _____ (e.g., 30 min walking, no overtraining) - ☐ **Sleep:** _____ (e.g., 7-8 hours,
in bed by 10 PM) - ☐ **Stress:** _____ (e.g., 10 min daily meditation/vagal tone)

Section 2: The "Yellow Zone" (Early Warning Signs)

Check any "whispers" you have noticed in the last 7 days. These indicate "Silent Inflammation" or HPA-axis shifts.

Category	Early Warning Sign (The "Whispers")	Observed?
Inflammation	Morning stiffness/fuzziness (5-10 mins)	<input type="checkbox"/>
Cognition	Brain fog or difficulty finding words	<input type="checkbox"/>
HPA-Axis	The "3 PM Slump" (reaching for caffeine/sugar)	<input type="checkbox"/>
HPA-Axis	The "10 PM Second Wind" (tired but wired)	<input type="checkbox"/>
Recovery	Post-exercise malaise (taking >2 hours to recover)	<input type="checkbox"/>
Cravings	New or sudden salt cravings	<input type="checkbox"/>
Skin/Gut	New dry patches, redness, or mild bloating	<input type="checkbox"/>

Total "Yellow" Markers Checked: __

Section 3: The "First Responders" 72-Hour Protocol

If you checked 2 or more boxes above, or if you suspect an environmental re-trigger (mold, VOCs, food creep), implement this immediately for 3 days.

Action Item	Protocol Instructions	Done?
Hydration	Add trace minerals/electrolytes to all water	[]
Acute Support	Liposomal Curcumin + Omega-3s (3-4g daily)	[]
Vagal Tone	Box breathing or cold-water face immersion (2x daily)	[]
Sleep Sanctuary	Strict 9:00 PM lights out	[]
Binder (Optional)	Zeolite or Charcoal (if environmental exposure suspected)	[]

Section 4: Reflection & Red Zone Action

Yellow Zone Observations: What triggered this shift? (e.g., Stress, "Food Creep," home renovation, travel)

The "Red Zone" (Call Your Practitioner If): 1. Yellow Zone symptoms do not resolve after the 72-Hour Reset. 2. Lab Work: hs-CRP rises above **1.5 mg/L**. 3. Symptoms:

Next Scheduled Resilience Audit: _____

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