

Nervous System State & Vagus Tone Tracker

Client Name: __ Date: _____

Section 1: Baseline Autonomic State Assessment

Before starting your daily exercises, identify which state your nervous system is currently inhabiting. Check the box that most closely matches your current feeling.

☐ **Ventral Vagal (Safety & Connection):** I feel calm, social, curious, and physically relaxed. My digestion feels stable. ☐ **Sympathetic (Fight or Flight):** I feel anxious, frustrated, "wired but tired," or physically tense. My heart rate feels elevated. ☐ **Dorsal Vagal (Shutdown/Collapse):** I feel numb, foggy, exhausted, unmotivated, or "checked out."

Vagal Tone Check (RSA): Place two fingers on your pulse. Inhale deeply for 4 seconds, then exhale slowly for 6 seconds. * **Observation:** Did your heart rate speed up on the inhale and slow down on the exhale? * ☐ Yes, clearly (Robust Vagal Tone) * ☐ Slightly (Moderate Vagal Tone) * ☐ No change/Flat (Low Vagal Tone - "Physiological Rigidity")

Section 2: Daily Neuromodulation Protocol

Work with your practitioner to select 2–3 techniques to perform daily. Aim for "frequency over duration."

| Technique | Instructions | Goal |
|--------------------------------|--|---------------------------------------|
| Deep Diaphragmatic Breathing | 4s Inhale / 6s Exhale. Expand the belly, not the chest. | Activate Ventral Vagal state. |
| Transcutaneous VNS (nVNS) | Use device on the ear (Cymba Conchae) or neck as directed. | Reduce TNF-alpha/Inflammation. |
| Limbic Retraining (DNRS/Gupta) | Perform your specific "rewiring" visualizations/steps. | Calm the brain's "alarm center." |
| Vocal Toning | Humming, chanting, or gargling loudly. | Stimulate the laryngeal Vagus branch. |
| Cold Exposure | 30-second cold splash to the face or end of shower. | Trigger the Mammalian Dive Reflex. |

Section 3: Weekly Progress Tracker

Log your daily completion and your morning Heart Rate Variability (HRV) if using a wearable (Oura, Whoop, etc.).

| Day | HRV Score | nVNS/Breathing | Limbic Exercises | Primary State (V/S/D) |
|-----|-----------|--------------------------|--------------------------|-----------------------|
| Mon | | <input type="checkbox"/> | <input type="checkbox"/> | |
| Tue | | <input type="checkbox"/> | <input type="checkbox"/> | |
| Wed | | <input type="checkbox"/> | <input type="checkbox"/> | |
| Thu | | <input type="checkbox"/> | <input type="checkbox"/> | |
| Fri | | <input type="checkbox"/> | <input type="checkbox"/> | |
| Sat | | <input type="checkbox"/> | <input type="checkbox"/> | |
| Sun | | <input type="checkbox"/> | <input type="checkbox"/> | |

Section 4: Reflection & Observations

Weekly Symptom Check: (Note changes in Brain Fog, Chemical Sensitivity, or Digestion)

Interoceptive Check-in: (How does your body feel different when you are in a Ventral Vagal state?)

Next Steps:

- ☐ Increase/Decrease VNS intensity
- ☐ Focus on RSA breathing during "stress spikes"
- ☐ Schedule follow-up to review HRV trends

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