

Immune Modulation Protocol & Resolution Tracker

Client Name: _____ **Date:** _____ **Primary Immune Phenotype:** Autoimmune Dominant (Th17/Treg)

- Atopic/Allergic (Th2/Mast Cell)
- Chronic Viral (Th1/NK Cell)
- Systemic Inflammatory (Unresolved)

Section 1: The Targeted Protocol

Based on your functional labs, we are moving from "boosting" to "balancing" your immune system using the R.O.O.T.S. Method™.

Category	Intervention (Nutraceutical/Botanical)	Dosage/Timing	Notes (e.g., with fat-containing meal)
The Triad	Vitamin D3 (+K2)		<i>Target range: 50–80 ng/mL</i>
The Triad	Vitamin A (Retinoic Acid)		<i>Barrier & Oral Tolerance support</i>
The Triad	Zinc		<i>Thymus gland support</i>
Resolution	SPMs (Specialized Pro-resolving Mediators)		<i>Signals the "end" of inflammation</i>
Modulator	(e.g., Curcumin, Quercetin, Reishi)		
Treg Support	(e.g., Butyrate, Glutathione)		

Section 2: Weekly Resolution & Lifestyle Tracker

Use this table to track your adherence to the protocol and the "Lifestyle Multipliers" that allow your immune system to repair.

Day	Protocol Adherence (High/Med/Low)	Sleep Window (Goal: 10PM– 2AM)	Inflammation Score (1-10)	Notes (Energy, Digestion, Flare- ups)
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 3: Reflection & Progress

Inflammation Comparison: How do your symptoms (joint pain, allergies, fatigue) compare to last week? (e.g., “70% reduction in hay fever,” “Joints feel less stiff in the morning”)

Circadian Check-in: Did you prioritize the 10 PM – 2 AM immune repair window? Yes No *Note: Melatonin and rest are the "multipliers" for your supplements.*

Total Weekly "Resolution" Score (0-10): ___ (*How close do you feel to "Immunological Tolerance" vs. "Chronic Defense"?*)

Next Steps / Adjustments:

AccrediPro Standards Institute Certified Tool Functional Medicine Level 1: Targeted Immune Modulation