

# The "Immune Bucket" & Antigenic Load Tracker

Client Name: \_\_\_\_\_ Date: \_\_\_\_\_

## Section 1: Identifying Your "Antigenic Load" (The Bucket)

*The "Antigenic Load" is the sum total of everything your immune system (your "Security Team") is currently dealing with. Check all that apply to see what might be filling your bucket.*

**Dietary Triggers** - [ ] Frequent consumption of gluten or dairy - [ ] High intake of processed sugars/refined oils - [ ] History of known food sensitivities/intolerances - [ ] Low fiber intake (less than 25g per day)

**Lifestyle & Stress Triggers** - [ ] High-stress job or caregiving responsibilities - [ ] Less than 7 hours of restorative sleep per night - [ ] Sedentary lifestyle OR excessive/over-training - [ ] Feeling "wired but tired" or constant "fight or flight"

**Gut & Environmental Triggers** - [ ] History of bloating, gas, or irregular bowel movements - [ ] Frequent use of NSAIDs (ibuprofen) or antibiotics - [ ] Known exposure to environmental toxins (mold, heavy metals, pesticides) - [ ] History of chronic or recurring infections (EBV, sinus infections, etc.)

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## Section 2: Weekly Symptom & Trigger Log

*Use this table to track how your "Security Team" reacts to daily inputs. Look for patterns between your "Bucket Fillers" and your symptoms.*

Day	Primary Symptom (e.g., Brain Fog, Joint Pain)	Intensity (1-10)	Potential Trigger (Food, Stress, Poor Sleep)
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			

Day	Primary Symptom (e.g., Brain Fog, Joint Pain)	Intensity (1-10)	Potential Trigger (Food, Stress, Poor Sleep)
Sun			

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### Section 3: Reflection & Immune Resilience Score

**The "Overflow" Check:** How many days this week did you feel like your "Security Team" was on High Alert (flaring)? **Total Days:** \_ / 7

**Observations:** What was the single biggest "Bucket Filler" you noticed this week?

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When you experienced a "flare" (e.g., puffy face, fatigue), what was happening 24 hours prior?

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### Next Steps for "Emptying the Bucket":

1. Primary Focus: \_\_\_\_\_
  2. Action Item (e.g., Gluten-free for 14 days): \_\_\_\_\_
  3. Stress Support (e.g., 5-min breathing): \_\_\_\_\_
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*AccrediPro Standards Institute Certified Tool Note: This tool is for educational purposes and is intended to support the functional terrain. It is not a diagnostic tool for autoimmune disease.*

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