

Targeted Immunomodulation Protocol Tracker

Client Name: _____ Date: _____

Section 1: The Foundation (The "Big Three")

Before moving to advanced modulators, ensure the "Nuclear Software" is optimized. Refer to your recent lab work to check these levels.

- ☐ **Vitamin D (The Rheostat):** Current Dose: __ IU | Goal: Support Treg cell production.
- ☐ **Vitamin A (The Shield):** Current Dose: __ mcg | Goal: Support sIgA and mucosal barriers.
- ☐ **Zinc (The Thymic Fuel):** Current Dose: __ mg | Goal: Support T-cell "education" in the thymus. *Note: Maintain a 10:1 ratio of D3 to Vitamin A (Retinyl Palmitate) for receptor harmony.*

Section 2: Protocol Ladder Tracking

Check the box for each day you successfully implement your personalized targeted modulators.

Intervention Type	Specific Supplement & Dosage	M	T	W	T	F	S	S
The Fire Extinguisher (e.g., Curcumin/Resveratrol)		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The Shield (e.g., Quercetin)		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Immune Training (e.g., Medicinal Mushrooms)		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The Clean-up Crew (e.g., SPMs)		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Section 3: Symptom Resolution & Reflection

Rate the following symptoms on a scale of 0–10 (0 = None, 10 = Severe) to track the "Resolution" of inflammation.

Symptom Category	Baseline (Day 1)	Week 2 Follow-up	Week 4 Follow-up
Brain Fog / Cognitive Clarity			
Joint Pain / Systemic Aches			
Histamine / Skin Issues (Hives, Itching)			
Energy Levels / Fatigue			
Digestive Sensitivity (slgA Support)			

Total Symptom Load Score: ____ (Goal: Decreasing trend over 4–6 weeks)

Observations (Changes in mood, sleep, or "flare-up" frequency):

Next Steps & Practitioner Notes:

- [] **Level Up:** If foundation is stable, increase focus on Level 4 (SPMs) for resolution.
- [] **Maintenance:** If symptoms are 0-2, transition to a "shield" maintenance dose.
- [] **Adjust:** If histamine persists, increase Quercetin frequency (BID/TID).

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