

The Inflammatory "Fire & Flow" Tracker

Client Name: __ Date: __ Week of: __

Section 1: The "Smoke Alarm" Assessment (Baseline)

Before starting your daily tracking, check the boxes that describe your "Inflammatory Fire" right now. This helps us see how sensitive your "smoke alarm" is currently.

- ☐ **Morning Stiffness:** Do your joints feel like they need "greasing" for more than 15 minutes?
- ☐ **Brain Fog:** Does it feel like there is "thick smoke" in your head, making it hard to focus?
- ☐ **Skin Flare-ups:** Do you notice unexplained redness, heat, or puffiness?
- ☐ **Low Energy:** Do you feel "wired but tired" or just heavy and exhausted?
- ☐ **Digestive Discomfort:** Do you experience bloating or "heavy" digestion after meals?

Section 2: Daily "Bucket" & "Fire Extinguisher" Log

Use this table to track what is adding "fuel" to your inflammatory bucket and what is helping "calm the fire."

Day	The Fire (Symptom Intensity 1-10)	The Fuel (Stress, Processed Foods, Poor Sleep)	The Water (Gut-friendly foods, Rest, Movement)
Mon	/10		
Tue	/10		
Wed	/10		
Thu	/10		
Fri	/10		
Sat	/10		
Sun	/10		

Section 3: Weekly Reflection & Pattern Recognition

Average Symptom Score: ____ / 10

1. Identify the "Fuel": What was the biggest trigger for your "smoke alarm" this week? (e.g., a stressful meeting, a specific food, lack of sleep).

2. Identify the "Water": Which action felt most effective at "calming the fire"? (e.g., a 10-minute walk, deep breathing, a gut-healing meal).

3. The "Aha" Moment: Did you notice a connection between your gut/stress and your joint stiffness or brain fog?

Next Steps for Our Session:

- ☐ Review hs-CRP trends and connect to this week's "Fuel" list.
 - ☐ Identify one "Fire Extinguisher" habit to prioritize next week.
 - ☐ Adjust the "Immune Reset" nutrition plan based on gut feedback.
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