

Immune Terrain Optimization Tracker

Client Name: ____ **Date:** _____

Instructions:

This tool is designed to help you shift your body from a "pro-inflammatory" state to a "resolving" state. Use this tracker for 7 days to monitor the signals you are sending to your immune system. At the end of the week, we will review your score to identify areas for further clinical optimization.

Section 1: Pre-Assessment (Baseline)

*Rate the following on a scale of 1-5 (1 = Never/None, 5 = Constant/Severe) * Joint Pain/Stiffness: _ * Brain Fog/Mental Fatigue: * Sleep Quality: _ * Daily Stress Levels:*

Section 2: Daily Optimization Tracker

Check the box for each day you successfully implement the "Signal."

[illegible]

Immune Signal	Action Item	M	T	W	T	F	S	S
Env. Hygiene	Filtered water intake only / No scented candles or perfumes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Section 3: Reflection & Scoring

Weekly Success Score: __ / 49 Total Checkboxes (40+ = Optimal Terrain | 25-39 = Moderate Support Needed | <25 = High Inflammatory Risk)

Observations & Symptom Changes: Did you notice any changes in joint pain, energy, or mental clarity this week?

Environmental Audit: * Air: Do you currently use a HEPA-grade air filter in the bedroom? [] Yes [] No * Water: Are you using a filter that removes fluoride and chlorine? [] Yes [] No

Next Steps (Practitioner Use Only):

- [] Review Omega-3 Index testing or HS-CRP levels.
- [] Consider Vitamin D3 or Liposomal Melatonin supplementation.
- [] Advanced Environmental Hygiene: Discuss HEPA/Water filtration upgrades.
- [] Follow up on Glucocorticoid Receptor Resistance (GCR) signs.

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