

# RESILIENCE & RELAPSE PREVENTION PLAN (RPP)

Client Name: \_\_\_\_\_ Date of Transition: \_\_\_\_\_

**Objective:** To transition from the "Target" phase to the "Sustain" phase by identifying the "whispers" of dysfunction (Yellow Zone) before they become clinical "screams" (Red Zone).

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## Section 1: The "Green Zone" (My Optimal Baseline)

*These are your non-negotiables. When these are in place, your systems remain resilient.*

**Daily "Sustain" Habits:** - [ ] **Nutrition:** \_\_\_\_\_ (e.g., No gluten/dairy, 30g fiber) - [ ]  
**Movement:** \_\_\_\_\_ (e.g., 30 min walking, no overtraining) - [ ] **Sleep:** \_\_\_\_\_ (e.g., 7-8 hours, in bed by 10 PM) - [ ] **Stress:** \_\_\_\_\_ (e.g., 10 min daily meditation/vagal tone)

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## Section 2: The "Yellow Zone" (Early Warning Signs)

*Check any "whispers" you have noticed in the last 7 days. These indicate "Silent Inflammation" or HPA-axis shifts.*

Category	Early Warning Sign (The "Whispers")	Observed?
Inflammation	Morning stiffness/fuzziness (5-10 mins)	[ ]
Cognition	Brain fog or difficulty finding words	[ ]
HPA-Axis	The "3 PM Slump" (reaching for caffeine/sugar)	[ ]
HPA-Axis	The "10 PM Second Wind" (tired but wired)	[ ]
Recovery	Post-exercise malaise (taking >2 hours to recover)	[ ]
Cravings	New or sudden salt cravings	[ ]
Skin/Gut	New dry patches, redness, or mild bloating	[ ]

Total "Yellow" Markers Checked: \_\_\_\_\_

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## Section 3: The "First Responders" 72-Hour Protocol

*If you checked 2 or more boxes above, or if you suspect an environmental re-trigger (mold, VOCs, food creep), implement this immediately for 3 days.*

Action Item	Protocol Instructions	Done?
<b>Hydration</b>	Add trace minerals/electrolytes to all water	[ ]
<b>Acute Support</b>	Liposomal Curcumin + Omega-3s (3-4g daily)	[ ]
<b>Vagal Tone</b>	Box breathing or cold-water face immersion (2x daily)	[ ]
<b>Sleep Sanctuary</b>	Strict 9:00 PM lights out	[ ]
<b>Binder (Optional)</b>	Zeolite or Charcoal (if environmental exposure suspected)	[ ]

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## Section 4: Reflection & Red Zone Action

**Yellow Zone Observations:** What triggered this shift? (e.g., Stress, "Food Creep," home renovation, travel)

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**The "Red Zone" (Call Your Practitioner If):** 1. Yellow Zone symptoms do not resolve after the 72-Hour Reset. 2. Lab Work: hs-CRP rises above **1.5 mg/L**. 3. Symptoms:

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Next Scheduled Resilience Audit: \_\_\_\_\_

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*AccrediPro Standards Institute Certified Tool*

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