

# 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."*

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"/>						

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### 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?

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**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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