

Immune Dominance & Resilience Tracker

Client Name: ____ **Date:** _____

Section 1: Identifying Your Immune "Skew"

Check the boxes that apply to your symptoms over the last 30 days to help identify which T-cell subset may be dominant.

Pattern A (Th1 Dominance - "The Infantry") - ☐ Confirmed Hashimoto's or Psoriasis - ☐
 History of organ-specific autoimmune issues - ☐ Frequent "flu-like" symptoms without a cold
 - ☐ Strong response to viral infections

Pattern B (Th2 Dominance - "The Humoral") - ☐ Chronic seasonal allergies or hay fever - ☐ Eczema, hives, or skin rashes - ☐ Asthma or reactive airway issues - ☐ History of environmental or chemical sensitivities

Pattern C (Th17 Dominance - "The Wildfire") - ☐ Rapid, aggressive tissue or joint destruction - ☐ Severe "brain fog" and cognitive fatigue - ☐ High sensitivity to salt in the diet - ☐ Documented gut dysbiosis (e.g., Klebsiella, SFB)

Section 2: The "Firestarter" & "Peacekeeper" Tracker

Use this table to track the triggers that fuel the "Wildfire" (Th17) and the nutrients that empower the "Park Rangers" (Tregs).

[illegible]

| Category | Daily Action/Metric | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|-----------------|--|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| | Glutathione: Liposomal or precursor support | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Symptoms | Pain/Inflammation Level: (1–10 scale) | | | | | | | |

Section 3: Reflection & Clinical Scoring

Weekly Resilience Score: (Total checkmarks from Section 2) / 35: ____

The "Wildfire" Analogy Observation: *Are the "Park Rangers" (Tregs) gaining control? Note any changes in joint mobility, skin clarity, or energy levels.*

Gut-Immune Connection: *Have you noticed any digestive changes (bloating/regularity) coinciding with immune flares?*

Next Steps:

- [] **Target:** Aim for Vitamin D serum levels of 50–70 ng/mL.
- [] **Reveal:** Review latest stool analysis for Th17-triggering bacteria (*Klebsiella*).
- [] **Organize:** Map current flares to the "Defense & Repair" node in the ROOTS Method™.

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