

The Inflammation "Fire" & Resolution Tracker

Client Name: _____ Date: _____

Section 1: The "Master Switch" Assessment (NF-*κB* Drivers)

NF-κB is the "Master On-Switch" for inflammation. Check any symptoms you have experienced consistently over the last 30 days to identify if your switch is "stuck" in the ON position.

- [] **"Tired but Wired"**: Feeling exhausted but unable to sleep deeply.
- [] **Brain Fog**: Difficulty focusing or a "cloudy" feeling in the head.
- [] **Migratory Pain**: Joint or muscle aches that seem to move around the body.
- [] **The "Overflowing Cup"**: Stubborn weight gain specifically around the midsection (visceral fat).
- [] **Slow Recovery**: Taking a long time to bounce back from exercise or minor illness.
- [] **Skin Flares**: Unexplained redness, puffiness, or irritation.
- [] **Water Retention**: Feeling "puffy" in the face or hands, especially in the morning.

Section 2: The "Reveal" – Functional Biomarker Snapshot

Compare your recent lab results to the Functional Optimal ranges. If your numbers fall in the "Conventional Normal" but outside "Functional Optimal," your body may be in a state of Chronic Low-Grade Systemic Inflammation (LGSI).

Marker	Your Result	Functional Optimal	Status (Optimal / Inflamed)
hs-CRP (Systemic Fire)		< 0.5 mg/L	
Ferritin (Acute Phase)		40 - 80 ng/mL	
Fibrinogen (Viscosity)		225 - 300 mg/dL	
Homocysteine (Neuro)		< 7 umol/L	

Section 3: Resolution Tracking (The "Cleanup Crew")

Inflammation doesn't just "fade"; it must be actively resolved by your "Cleanup Crew" (Specialized Pro-resolving Mediators or SPMs). Rate your daily support for these mediators on a scale of 1-5 (1 = Low, 5 = High).

Strategy	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Omega-3/SPM Support (Fish oil/converted SPMs)							
NF-κB Inhibitors (Curcumin, Resveratrol, etc.)							
Stress Management (Stops the "Master Switch")							
Anti-Inflammatory Load (Whole, colorful foods)							

Section 4: Scoring & Reflection

Total Checkboxes (Section 1): ___ / 7

(Score of 3+ suggests active NF-κB translocation/chronic inflammation)

Practitioner Observations:

Client Reflection: Using the "Overflowing Cup" analogy, which lifestyle factor is currently "filling your cup" the fastest (e.g., stress, diet, lack of sleep)?

Next Steps:

1.

2.

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