

My Immune Support Action Plan

A practical companion to the TWC Immune System Guide

This is not a scorecard. You do not need to do everything at once. See the full range of useful actions, mark what you already do, choose what you are willing to begin, date the commitment, and review it later.

How to use this plan

1. Read each category. 2. Mark what you already do consistently. 3. Check only the actions you are genuinely willing to start. 4. Add a start date. 5. Set a review date. 6. At review, keep, adjust, or add another action.

What to look for at review

Look for useful changes such as more consistent sleep, improved energy or stamina, better bowel regularity, fewer or shorter infections, steadier recovery, better management of an existing condition, or simply greater consistency. Not every useful action produces an obvious feeling.

My name	_____
Date I began	_____
First review date	_____

Working draft: This companion will be finalized after the Immune System Guide is complete, so every action here corresponds to an approved recommendation in the Guide.

Sleep & Recovery

Action	Already do	Will start	Start date	Review date
Keep a sleep schedule that gives you enough opportunity for adequate sleep.	☐	☐	_____	_____
Pay attention to persistent insomnia, frequent waking, or unusually short sleep.	☐	☐	_____	_____
Investigate persistent snoring, daytime sleepiness, or possible sleep apnea.	☐	☐	_____	_____
Protect sleep during stressful periods instead of treating it as optional.	☐	☐	_____	_____
Avoid relying on supplements to compensate for chronically inadequate sleep.	☐	☐	_____	_____

Notes / what I noticed

Stress & Emotional Load

Action	Already do	Will start	Start date	Review date
Identify stressors that have become persistent rather than focusing only on a difficult day.	☐	☐	_____	_____
Protect sleep, meals, medications, movement, and recovery during stressful periods.	☐	☐	_____	_____
Reduce, delegate, delay, or discuss one recurring burden when possible.	☐	☐	_____	_____
Seek help when anxiety, depression, trauma symptoms, or loss of normal function persist.	☐	☐	_____	_____

Notes / what I noticed

Movement & Physical Capacity

Action	Already do	Will start	Start date	Review date
Accumulate regular movement across the week rather than relying on occasional hard workouts.	☐	☐	_____	_____
Include aerobic activity appropriate to your ability.	☐	☐	_____	_____
Include strength work appropriate to your ability.	☐	☐	_____	_____
Include balance or stability work when relevant.	☐	☐	_____	_____
Increase activity gradually after inactivity or illness.	☐	☐	_____	_____
Reduce exertion and reassess when fever, marked fatigue, chest symptoms, or breathing difficulty occur.	☐	☐	_____	_____

Notes / what I noticed

Food, Nutrients & Hydration

Action	Already do	Will start	Start date	Review date
Eat a varied diet that provides adequate protein, vitamins, minerals, and energy.	☐	☐	_____	_____
Include a variety of fiber-containing foods that you tolerate.	☐	☐	_____	_____
Drink enough fluid for your needs and avoid routine dehydration.	☐	☐	_____	_____
Increase fiber gradually if your current intake is low.	☐	☐	_____	_____
Review high-dose vitamins and minerals rather than assuming more is better.	☐	☐	_____	_____
Check combination supplements for repeated ingredients.	☐	☐	_____	_____

Notes / what I noticed

Gut & Digestive Health

Action	Already do	Will start	Start date	Review date
Pay attention to bowel regularity and meaningful changes from your normal pattern.	☐	☐	_____	_____
Do not repeatedly ignore the urge to have a bowel movement.	☐	☐	_____	_____
Notice which foods consistently cause significant bloating, pain, diarrhea, or other symptoms.	☐	☐	_____	_____
Do not assume every digestive symptom means you need a probiotic.	☐	☐	_____	_____
Use antibiotics when needed, but not casually.	☐	☐	_____	_____
Investigate persistent constipation, diarrhea, abdominal pain, blood in stool, or unexplained weight loss.	☐	☐	_____	_____

Notes / what I noticed

Chronic Conditions, Medications & Supplements

Action	Already do	Will start	Start date	Review date
Know which of your health conditions increase infection or healing risk.	☐	☐	_____	_____
Manage blood glucose or other chronic conditions according to your individualized plan.	☐	☐	_____	_____
Keep an up-to-date medication and supplement list.	☐	☐	_____	_____
Ask whether any medication suppresses or modifies immune activity.	☐	☐	_____	_____
Ask what problem each supplement is intended to solve.	☐	☐	_____	_____
Reassess supplements that were started for a temporary reason but became permanent.	☐	☐	_____	_____

Notes / what I noticed

Sunlight & Vitamin D

Action	Already do	Will start	Start date	Review date
Know whether vitamin D adequacy is a concern for you based on your health, diet, sun exposure, and clinical context.	☐	☐	_____	_____
Use sensible daylight or sun exposure without treating more UV exposure as better.	☐	☐	_____	_____
Balance vitamin D considerations with skin-cancer and eye-protection needs.	☐	☐	_____	_____
Do not assume vitamin D supplements prevent infection when deficiency has not been established.	☐	☐	_____	_____

Notes / what I noticed

Exposure Reduction & Air Quality

Action	Already do	Will start	Start date	Review date
Improve indoor air quality where you spend substantial time.	☐	☐	_____	_____
Use outdoor air or ventilation when outdoor conditions are suitable.	☐	☐	_____	_____
Consider appropriate filtration or a properly sized portable air cleaner.	☐	☐	_____	_____
Avoid close contact with people who are acutely ill when practical.	☐	☐	_____	_____
Stay away from others when you are acutely ill when possible.	☐	☐	_____	_____
Use added precautions in crowded or higher-risk settings when appropriate.	☐	☐	_____	_____
Practice good hand hygiene when exposure risk is meaningful.	☐	☐	_____	_____

Notes / what I noticed

Smoking, Alcohol & Other Exposures

Action	Already do	Will start	Start date	Review date
Avoid smoking or work toward reduction and cessation.	☐	☐	_____	_____
Reduce secondhand-smoke exposure.	☐	☐	_____	_____
Avoid binge drinking and reduce heavy alcohol use.	☐	☐	_____	_____
Do not begin drinking for a presumed health or immune benefit.	☐	☐	_____	_____
Seek medical guidance before abruptly stopping alcohol if withdrawal is a possibility.	☐	☐	_____	_____

Notes / what I noticed

Social Connection

Action	Already do	Will start	Start date	Review date
Maintain enough supportive connection for your needs rather than aiming for a prescribed amount of socializing.	☐	☐	_____	_____
Notice whether loneliness or social stress is becoming persistent.	☐	☐	_____	_____
Protect relationships that leave you supported rather than depleted.	☐	☐	_____	_____
Choose forms of connection that fit your temperament and energy.	☐	☐	_____	_____

Notes / what I noticed

Signs to Watch - Ask Why

Action	Already do	Will start	Start date	Review date
Notice wounds or injuries that are healing differently from your normal pattern.	☐	☐	_____	_____
Track infections that are unusually frequent, severe, prolonged, or difficult to treat.	☐	☐	_____	_____
Pay attention when illnesses take longer to clear than they used to.	☐	☐	_____	_____
Notice repeated mouth, skin, sinus, urinary, or respiratory problems.	☐	☐	_____	_____
Investigate persistent bad breath or digestive changes rather than labeling them 'low immunity.'	☐	☐	_____	_____
Ask what changed when a new pattern develops.	☐	☐	_____	_____

Notes / what I noticed

When to Seek Medical Attention

Action	Already do	Will start	Start date	Review date
Seek professional advice when symptoms are clearly worsening instead of improving.	☐	☐	_____	_____
Seek advice when an illness improves and then returns significantly worse.	☐	☐	_____	_____
Seek help when breathing becomes more difficult.	☐	☐	_____	_____
Seek help when hydration becomes difficult or urination falls substantially.	☐	☐	_____	_____
Seek prompt care for marked decline in normal function.	☐	☐	_____	_____
Seek emergency care for severe breathing difficulty, significant chest pressure, new confusion, inability to wake, fainting, stroke symptoms, or other severe sudden changes.	☐	☐	_____	_____

Notes / what I noticed

Periodic Review

Use this page every few weeks or months. The goal is not to collect more checkmarks. The goal is to decide what is working, what needs adjustment, and what you are ready to add next.

Review date	What I kept	What I changed	What I will add next

What I am learning about what works for me

Remember: This plan helps organize practical health actions and questions. It does not diagnose immune dysfunction and is not a substitute for individualized medical care.