

TACTICAL TRACKING SYSTEM

Your daily biome intel. Your reset log. Your command tools.

CONTENTS

01	10-Day Tactical Reset Tracker	Pages 2–3
02	48-Hour Micro Rebuild Log	Page 4
03	24-Hour Emergency Rescue Checklist	Page 5
04	RMHR + Breath Quality Log	Page 6

HOW TO USE THIS SYSTEM

Print all 6 pages. Use daily during your 10-Day Tactical Reset.

Morning routine: tongue check → saliva check → wrist test (before brushing).

Log honestly every day. The data reveals patterns your memory won't.

Download fresh copies anytime at HackingHalitosis.com/trackers

01 — DAYS 1 TO 5

10-DAY TACTICAL RESET TRACKER

Morning sequence: tongue check → saliva check → wrist test (before brushing). Check each box when complete.

DAY	WRIST TEST	TONGUE	SALIVA	LOZENGE	FERMENTED FOOD	NOTES
PHASE 1 DAY 1	AM <input type="checkbox"/> <input type="checkbox"/> Result: _____	<input type="checkbox"/> PINK <input type="checkbox"/> WHITE <input type="checkbox"/> COATED	<input type="checkbox"/> THIN / CLEAR <input type="checkbox"/> THICK / STICK	<input type="checkbox"/>	What: _____ _____ _____	_____ _____ _____
PHASE 1 DAY 2	AM <input type="checkbox"/> <input type="checkbox"/> Result: _____	<input type="checkbox"/> PINK <input type="checkbox"/> WHITE <input type="checkbox"/> COATED	<input type="checkbox"/> THIN / CLEAR <input type="checkbox"/> THICK / STICK	<input type="checkbox"/>	What: _____ _____ _____	_____ _____ _____
PHASE 2 DAY 3	AM <input type="checkbox"/> <input type="checkbox"/> Result: _____	<input type="checkbox"/> PINK <input type="checkbox"/> WHITE <input type="checkbox"/> COATED	<input type="checkbox"/> THIN / CLEAR <input type="checkbox"/> THICK / STICK	<input type="checkbox"/>	What: _____ _____ _____	_____ _____ _____
PHASE 2 DAY 4	AM <input type="checkbox"/> <input type="checkbox"/> Result: _____	<input type="checkbox"/> PINK <input type="checkbox"/> WHITE <input type="checkbox"/> COATED	<input type="checkbox"/> THIN / CLEAR <input type="checkbox"/> THICK / STICK	<input type="checkbox"/>	What: _____ _____ _____	_____ _____ _____
PHASE 2 DAY 5	AM <input type="checkbox"/> <input type="checkbox"/> Result: _____	<input type="checkbox"/> PINK <input type="checkbox"/> WHITE <input type="checkbox"/> COATED	<input type="checkbox"/> THIN / CLEAR <input type="checkbox"/> THICK / STICK	<input type="checkbox"/>	What: _____ _____ _____	_____ _____ _____

01 — DAYS 6 TO 10

10-DAY TACTICAL RESET TRACKER

Phase 2 continues through Day 7. Days 8–10 are Trigger Testing — reintroduce foods one at a time and observe.

DAY	WRIST TEST	TONGUE	SALIVA	LOZENGE	FERMENTED FOOD	NOTES
PHASE 2 DAY 6	AM <input type="checkbox"/> PM <input type="checkbox"/> Result: _____	<input type="checkbox"/> PINK <input type="checkbox"/> WHITE <input type="checkbox"/> COATED	<input type="checkbox"/> THIN / CLEAR <input type="checkbox"/> THICK / STICK	<input type="checkbox"/>	What: _____ _____	_____
PHASE 2 DAY 7	AM <input type="checkbox"/> PM <input type="checkbox"/> Result: _____	<input type="checkbox"/> PINK <input type="checkbox"/> WHITE <input type="checkbox"/> COATED	<input type="checkbox"/> THIN / CLEAR <input type="checkbox"/> THICK / STICK	<input type="checkbox"/>	What: _____ _____	_____
PHASE 3 DAY 8	AM <input type="checkbox"/> PM <input type="checkbox"/> Result: _____	<input type="checkbox"/> PINK <input type="checkbox"/> WHITE <input type="checkbox"/> COATED	<input type="checkbox"/> THIN / CLEAR <input type="checkbox"/> THICK / STICK	<input type="checkbox"/>	What: _____ _____	_____
PHASE 3 DAY 9	AM <input type="checkbox"/> PM <input type="checkbox"/> Result: _____	<input type="checkbox"/> PINK <input type="checkbox"/> WHITE <input type="checkbox"/> COATED	<input type="checkbox"/> THIN / CLEAR <input type="checkbox"/> THICK / STICK	<input type="checkbox"/>	What: _____ _____	_____
PHASE 3 DAY 10	AM <input type="checkbox"/> PM <input type="checkbox"/> Result: _____	<input type="checkbox"/> PINK <input type="checkbox"/> WHITE <input type="checkbox"/> COATED	<input type="checkbox"/> THIN / CLEAR <input type="checkbox"/> THICK / STICK	<input type="checkbox"/>	What: _____ _____	_____

MISSION DEBRIEF — DAY 10: Check all boxes to confirm success

- Wrist test neutral or clean
- Saliva thin and normal
- Tongue pink and uncoated
- Morning breath minimal or gone

02 — DEPLOY WHEN SIGNS OF IMBALANCE ARE DETECTED

48-HOUR MICRO REBUILD LOG

STEP 1 — IDENTIFY YOUR TRIGGER

What triggered this? Check all that apply:

- Dairy
- Alcohol
- Sugar / Processed Food
- Travel / Diet Change
- Stress / Poor Sleep
- Illness / Antibiotics
- Unknown

STEP 2 — SIGNS NOTICED

- White / Yellow Tongue Coating
- Thick or Sticky Saliva
- Off Taste / Tingling
- Sour Wrist Test
- Partner Noticed
- Morning Breath Lingering

DAY 1 — TACTICAL RESET

- 16-hour fast completed
Fasted until: _____
- Chlorophyll water + salt (AM)
- Tongue scrape + oral care
- BLIS lozenge AM
- Yogurt + prebiotics (break fast)
Time: _____
- Fermented food
What: _____
- Clean protein x2
- BLIS lozenge PM
Time: _____

DAY 2 — REINFORCE + LOCK IN

- Morning wrist test + tongue check
Result: _____
- Repeat yogurt protocol
- Fermented food (rotate variety)
- Clean protein x2
What: _____
- BLIS lozenge AM + PM
- Mineral water hydration
- No dairy / sugar / alcohol
- Final oral care + lozenge PM

MISSION STATUS — DAY 3 MORNING

- Fully Resolved** → Resume Maintenance Protocol
- Partially Improved** → Extend rebuild by 24 hours
- No Change** → Initiate full 10-Day Tactical Reset

03 — DEPLOY AT FIRST WARNING SIGNS. SPEED IS EVERYTHING.

24-HOUR EMERGENCY RESCUE

WARNING SIGNS — DEPLOY IMMEDIATELY IF YOU NOTICE ANY OF THESE

- Sour, metallic, or sulfuric taste on waking
- Thickened saliva or sticky mouthfeel
- Subtle tingling or discomfort on tongue
- White coating creeping back on tongue
- Partner notices something is off
- Positive wrist test (even faint odor)

MISSION PROTOCOL

MORNING — INTELLIGENT FAST	MIDDAY — STRATEGIC FUEL	EVENING — FINAL FLANK
<ul style="list-style-type: none"> <input type="checkbox"/> 16-hr fast (skip breakfast) <input type="checkbox"/> 12oz water + Celtic sea salt <input type="checkbox"/> 5-10 drops liquid chlorophyll <input type="checkbox"/> Gentle tongue scrape <input type="checkbox"/> Floss + brush (biome-safe) <input type="checkbox"/> BLIS K12 + M18 lozenge <input type="checkbox"/> Wait 20 min before drinking 	<ul style="list-style-type: none"> <input type="checkbox"/> Break fast with yogurt <input type="checkbox"/> Add: green banana flour + inulin <input type="checkbox"/> Digestive enzyme with meal <input type="checkbox"/> Fermented veg (kraut / carrots) <input type="checkbox"/> No dairy, sugar, alcohol <input type="checkbox"/> Optional: light walk / grounding <input type="checkbox"/> Chlorophyll water if needed 	<ul style="list-style-type: none"> <input type="checkbox"/> Clean protein + cooked greens <input type="checkbox"/> No dairy / sugar / alcohol <input type="checkbox"/> Charcoal if bloating present <input type="checkbox"/> Gentle oral care (no alcohol wash) <input type="checkbox"/> Final BLIS lozenge before sleep <input type="checkbox"/> Early bedtime if possible <input type="checkbox"/> Grounding / stretching optional

NEXT MORNING — MISSION STATUS CHECK

<input type="checkbox"/> Saliva feel test	THIN / CLEAR	THICK / STICKY
<input type="checkbox"/> Wrist test	CLEAN / NEUTRAL	OFF / FOUL
<input type="checkbox"/> Tongue check	PINK / CLEAR	COATED / WHITE

DECISION:

Symptoms resolved → Resume maintenance protocol. Mission complete.

Symptoms persist → Initiate 48-Hour Micro Rebuild Protocol immediately.

04 — 30-DAY BIOME COMMAND DASHBOARD

RMHR + BREATH QUALITY LOG

Resting Morning Heart Rate (RMHR) is a proxy for systemic stress and biome health. Measure before getting out of bed, before checking your phone.

HOW TO TAKE YOUR RMHR

1. Lie still. Before getting up or checking your phone.
2. Count heartbeats for 60 seconds (or 30 sec x 2).
3. Record below. Baseline = average of your first 3 days.

30-DAY LOG

DAY	DATE	RMHR	WRIST TEST	BREATH (1-5)	NOTES / TRIGGERS
1		<input type="text"/>	CLEAN OFF	1 2 3 4 5	
2		<input type="text"/>	CLEAN OFF	1 2 3 4 5	
3		<input type="text"/>	CLEAN OFF	1 2 3 4 5	
4		<input type="text"/>	CLEAN OFF	1 2 3 4 5	
5		<input type="text"/>	CLEAN OFF	1 2 3 4 5	
6		<input type="text"/>	CLEAN OFF	1 2 3 4 5	
7		<input type="text"/>	CLEAN OFF	1 2 3 4 5	
8		<input type="text"/>	CLEAN OFF	1 2 3 4 5	
9		<input type="text"/>	CLEAN OFF	1 2 3 4 5	
10		<input type="text"/>	CLEAN OFF	1 2 3 4 5	
11		<input type="text"/>	CLEAN OFF	1 2 3 4 5	
12		<input type="text"/>	CLEAN OFF	1 2 3 4 5	
13		<input type="text"/>	CLEAN OFF	1 2 3 4 5	
14		<input type="text"/>	CLEAN OFF	1 2 3 4 5	
15		<input type="text"/>	CLEAN OFF	1 2 3 4 5	
16		<input type="text"/>	CLEAN OFF	1 2 3 4 5	
17		<input type="text"/>	CLEAN OFF	1 2 3 4 5	
18		<input type="text"/>	CLEAN OFF	1 2 3 4 5	
19		<input type="text"/>	CLEAN OFF	1 2 3 4 5	
20		<input type="text"/>	CLEAN OFF	1 2 3 4 5	
21		<input type="text"/>	CLEAN OFF	1 2 3 4 5	
22		<input type="text"/>	CLEAN OFF	1 2 3 4 5	
23		<input type="text"/>	CLEAN OFF	1 2 3 4 5	
24		<input type="text"/>	CLEAN OFF	1 2 3 4 5	
25		<input type="text"/>	CLEAN OFF	1 2 3 4 5	
26		<input type="text"/>	CLEAN OFF	1 2 3 4 5	
27		<input type="text"/>	CLEAN OFF	1 2 3 4 5	
28		<input type="text"/>	CLEAN OFF	1 2 3 4 5	
29		<input type="text"/>	CLEAN OFF	1 2 3 4 5	
30		<input type="text"/>	CLEAN OFF	1 2 3 4 5	

BREATH QUALITY SCALE:

1 = Foul 2 = Noticeable 3 = Neutral 4 = Fresh 5 = Confident