

ALPIMS Recovery Map: Personal Planning Tool

Use this map to track domains, flares, and recovery anchors. Update weekly or as needed.

ALPIMS Domain	Symptoms / Triggers	Current Supports	What Helps Most	Next Gentle Step
Anxiety				
Laxity				
Pain				
Immune				
Mood				
Sensory				

Use this map during crashes, flares, or recovery planning. Focus on one gentle shift at a time.
Color-code zones if helpful. Over time, you'll learn what rebuilds your buffer most effectively.