

BIOENERGETIC MAPPING & STRATEGY WORKSHEET

Client Name: _____ Date: _____

Goal: To move from "unexplained fatigue" to a specific biochemical roadmap by mapping your bioenergetic data onto the Functional Medicine Matrix.

SECTION 1: THE MITOCHONDRIAL TIMELINE

Identify the progression from resilience to the "Mitochondrial Cliff."

1. **The Golden Age:** When was the last time you felt 100% energetic? _____
 - *What was your life like then?* _____
 2. **Accumulation of Insults:** List periods of high stress, antibiotic use, or toxic exposures:

 3. **The Mitochondrial Cliff (The Trigger):** What specific event preceded the "crash"?
 - (e.g., Viral infection/EBV, pregnancy, intense grief, mold exposure)
 - **Trigger identified:** _____
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SECTION 2: POPULATING THE ENERGY NODE

Translate your lab findings into the "Biochemical Why." Check all that apply based on Reveal Phase data.

| Biomarker / Finding | Clinical Significance (The "Why") | Evidence Present? |
|--------------------------|---|-------------------|
| High Lactate/Pyruvate | Block in pyruvate dehydrogenase; anaerobic shift | [] |
| Elevated Lipid Peroxides | Oxidative damage to mitochondrial membranes | [] |
| High Citrate/Isocitrate | Krebs Cycle "backup" (possible heavy metals) | [] |

| Biomarker / Finding | Clinical Significance (The "Why") | Evidence Present? |
|------------------------------|--|-------------------|
| Low CoQ10 / Carnitine | Impaired electron transport or beta-oxidation | [] |
| Genetic SNPs | POLG, MTRNR1, or NDUFS variants (Antecedents) | [] |

Practitioner Note (The "Premium" Summary): *Instead of "Fatigue," write the specific dysfunction (e.g., "Secondary mitochondrial failure due to [X] and [Y]"*):

SECTION 3: THE WEB OF CROSS-TALK

Mitochondria do not live in a vacuum. How is the Energy Node affecting other systems?

A. Defense & Repair (The Immune Link) * Are there signs of systemic inflammation or "naked" mtDNA release? * [] Persistent viral reactivation (EBV) [] Autoimmune-like symptoms [] Chronic muscle aches * **Connection:** _____

B. Communication (The Hormonal Link) * Is the mitochondrial "Steroidogenesis" engine failing? * [] Low libido [] Flat-lined cortisol (HPA-D) [] Difficult menopause / Low Pregnenolone * **Connection:** _____

SECTION 4: CLINICAL STRATEGY & REFLECTION

Mediators (What is keeping the dysfunction going?): [] Ongoing Oxidative Stress [] NAD+ Depletion [] Poor Nutrient Co-factors [] Toxic Load

Priority Interventions: 1. _____ 2. _____ 3. _____

Practitioner Observations:

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