

# 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.

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### 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	<input type="checkbox"/>
Elevated Lipid Peroxides	Oxidative damage to mitochondrial membranes	<input type="checkbox"/>
High Citrate/Isocitrate	Krebs Cycle "backup" (possible heavy metals)	<input type="checkbox"/>

Biomarker / Finding	Clinical Significance (The "Why")	Evidence Present?
Low CoQ10 / Carnitine	Impaired electron transport or beta-oxidation	<input type="checkbox"/>
Genetic SNPs	POLG, MTRNR1, or NDUFS variants (Antecedents)	<input type="checkbox"/>

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

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## 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:** \_\_\_\_\_

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## 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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