

# Mitochondrial Energy Reset: Protocol & Progress Tracker

Client Name: \_\_\_\_\_ Start Date: \_\_\_\_\_

## Section 1: Targeted Nutraceutical Protocol

*Based on the "Target" phase of the R.O.O.T.S. Method™, these interventions are designed to bypass enzymatic bottlenecks and restore mitochondrial membrane potential.*

Category	Nutrient	Target Dose	Timing/Notes
The Big Three	Ubiquinol (CoQ10)	_____ mg	Take with fat-containing meal
	PQQ	_____ mg	Supports mitochondrial biogenesis
	Acetyl-L-Carnitine	_____ mg	For fatty acid transport/Brain fog
NAD+ Support	NR or NMN	_____ mg	Best taken in the morning
Catalysts	Magnesium (Malate)	_____ mg	Supports Mg-ATP binding
	B-Complex (B1/B2)	_____ mg	"Spark plugs" for the Krebs Cycle
Redox/Shield	NAC / ALA	_____ mg	Antioxidant protection
Other	_____	_____ mg	_____

## Section 2: 4-Week Progress Tracker

*Mitochondrial healing is a "slow-build" process. Do not look for a "caffeine-like jolt." Instead, monitor your ability to recover from daily stressors and physical activity.*

**Rate the following on a scale of 1–10 (1 = Poor/Severe, 10 = Excellent/None):**

Metric	Baseline	Week 1	Week 2	Week 3	Week 4
Morning Vitality (Feeling refreshed)					
Cognitive Clarity (Absence of brain fog)					
Physical Stamina (Endurance)					
Recovery Time (Energy after a long day)					
Muscle Comfort (Absence of aches)					

### Section 3: Clinical Observations & Reflection

**Coach Tip:** Look for the "Recovery Window." Are you bouncing back faster from a workout or a stressful workday?

Initial Symptoms (e.g., Post-exertional malaise, afternoon crashes):

Week 2 Observations (Any subtle shifts in "recovery time"?):

Week 4 Reflection (Changes in metabolic stability or resilience):

### Next Steps & Maintenance

- ☐ **Review OAT or Blood Markers:** (Check Succinate/Citrate/NAD+ levels)
- ☐ **Adjust Dosing:** \_\_\_\_\_
- ☐ **Lifestyle Integration:** (Pair with "Sustain" phase: sleep hygiene and light movement)

Practitioner Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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