

Metabolic Brain Health: The "Fuel & Fog" Tracker

Client Name: _____ Date: _____

Purpose of this Tool

This tracker is designed to help you identify if your brain is experiencing "Metabolic Gridlock"—a state where your brain cells are "starving in a sea of plenty" because they cannot effectively use glucose for fuel. Use this to monitor the transition from glucose-dependence to metabolic flexibility.

Section 1: Baseline Metabolic Markers (The "Reveal" Phase)

Work with your practitioner to input your latest lab results here. Functional ranges are provided for optimal brain health.

Marker	Your Result	Functional Range	Clinical Significance
Fasting Insulin		2.0 – 5.0 μ IU/mL	Early indicator of metabolic "pressure."
HOMA-IR		< 1.5	Balance between glucose and insulin.
HbA1c		4.8% – 5.2%	90-day blood sugar average.
GlycoMark		> 12.0 μ g/mL	Measures glucose "spikes" (last 2 weeks).
Uric Acid		3.5 – 5.0 mg/dL	Indicator of fructose-driven resistance.

Section 2: The "Starving Brain" Symptom Audit

Check the boxes that apply to your experience over the last 7 days:

- [] **Word-finding difficulty** (tip-of-the-tongue syndrome)
- [] **The "3 PM Crash"** (significant energy drop in the afternoon)

- [] **Post-Meal Brain Fog** (feeling sleepy or "fuzzy" after eating carbs/sugar)
 - [] **Memory Lapses** (forgetting why you walked into a room)
 - [] **Sugar Cravings** (feeling like you *need* sweets to focus)
 - [] **Difficulty Concentrating** (mental fatigue during complex tasks)
-

Section 3: 7-Day Fuel & Clarity Log

Use this table to track how your food choices (*Fuel*) affect your mental sharpness (*Clarity*). If using a CGM, note your peak glucose after meals.

Day	Primary Fuel (Breakfast/Lunch)	Peak Glucose (if known)	Brain Clarity Score (1-10)	Notes (Fog, Fatigue, Focus)
1				
2				
3				
4				
5				
6				
7				

Section 4: Mitochondrial & Protocol Support

Check off your daily "Brain Optimization" habits as prescribed by your coach:

- [] **Mitochondrial Support:** (e.g., PQQ, CoQ10, Alpha-Lipoic Acid)
 - [] **Clean Keto / MIND Diet:** High-fiber, healthy fats, wild fish, polyphenols.
 - [] **Movement:** 10-minute walk after the largest meal (to lower glucose spikes).
 - [] **Fast:** Minimum 12-hour overnight fast (to encourage autophagy).
-

Section 5: Reflection & Next Steps

Weekly Average Clarity Score: _____ / 10

Observations: (e.g., "I noticed my brain fog was worst after my morning oatmeal," or "I felt sharpest after a high-fat lunch.")

Coach's Next Steps:

AccrediPro Standards Institute Certified Tool

AccrediPro Standards Institute Verified | Confidential Client Resource