

Mitochondrial Resuscitation & NAD+ Optimization Tracker

Client Name: _____ Start Date: _____ Coach: _____

Section 1: Baseline Mitochondrial Resilience Assessment

Complete this section before starting the protocol to identify the "Leaky Gate" (mPTP) status.

Current Symptoms (Check all that apply): - [] **Exercise Intolerance:** Do you "crash" for 24+ hours after moderate physical activity? - [] **Cognitive Fatigue:** Frequent "word-finding" difficulties or persistent brain fog? - [] **Low Resilience:** Do minor stressors feel overwhelming or physically exhausting? - [] **Slow Recovery:** Does it take longer than usual to recover from common colds or minor injuries?

Biomarker Baseline: - Morning HRV (7-day average): _ ms - OAT Markers (if available):
Lactate: _ | Succinate: _ - Current Energy Level (1-10, 10 being highest): _

Section 2: The Resuscitation Protocol (The "4 Pillars")

Work with your coach to check off the daily/weekly interventions tailored to your needs.

Pillar	Intervention	Target Dosage/Frequency
1. Close the Gate	mPTP Regulation	Focus on reducing oxidative stress & inflammation
2. Fill the Tank	NAD+ Precursors	[] Oral NR/NMN: __ mg
3. Clean the Engine	Mitophagy Inducers	[] Urolithin A: __ mg
4. Spark the Fire	PBM / PEMF	[] Red Light: ____ min/week

Section 3: 4-Week Progress Tracker

Track your "Resuscitation Markers" weekly to monitor the shift in cellular vitality.

Metric	Week 1	Week 2	Week 3	Week 4
Avg. Morning HRV				
Brain Fog (1-10)				
Exercise Tolerance				
Sleep Quality (1-10)				

Weekly Notes (Significant wins, "lifting of the veil," or setbacks): - Week 1:

_____ - Week 2: _____ - Week 3: _____ - Week 4: _____

Section 4: Reflection & Optimization

Total HRV Increase: ___ ms (Target: Consistent upward trend)

The "Synergy Effect" Observation: Did you notice a difference in energy levels when combining PBM/PEMF with your NAD+ precursors?

Next Steps: - [] Maintain current protocol for another 4-8 weeks. - [] Adjust NAD+ precursor dosage (consult practitioner). - [] Increase Mitophagy induction (Urolithin A/Spermidine). - [] Re-test OAT markers in ___ months.

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