

MITOCHONDRIAL VITALITY & "CELLULAR BATTERY" ASSESSMENT

Client Name: _____ Date: _ Initial / Follow-up

Section 1: Clinical Indicators of ATP Depletion

Check any symptoms experienced regularly in the last 14 days. These indicate potential "mitochondrial uncoupling" (where your cells leak energy instead of using it).

Neurological / Cognitive - [] Brain Fog: Difficulty finding words or "cognitive stuttering." - []

Sensory Overload: Feeling easily overwhelmed by bright lights or loud noises. - []

Migraines: Frequent or "mitochondrial" headaches.

Muscular / Physical - [] Exercise Intolerance: Feeling "wiped out" for 24+ hours after a

workout. - [] **Delayed Recovery:** Muscle soreness (DOMS) lasting more than 48 hours. - []

Chronic Aches: General muscle heaviness without a clear cause.

Metabolic & Systemic - [] The "3 PM Wall": Intense energy crashes or sugar cravings in

the afternoon. - [] **Weight Plateau:** Inability to lose weight despite caloric deficit. - []

Post-Exertional Malaise (PEM): Crashing after minor emotional or physical stress.

Section 2: Screening for "Mito-Toxins" (Sand in the Gears)

Identify potential environmental factors that may be "clogging" your cellular machinery.

- [] **Non-Organic Produce:** Frequent exposure to conventional grains/produce (Glyphosate).
- [] **Heavy Metal Exposure:** History of dental amalgams, high seafood intake, or industrial exposure.
- [] **Mold/Moisture:** Known history of living or working in a water-damaged building (Mycotoxins).
- [] **Chronic Stress:** High-cortisol lifestyle (triggers the Cell Danger Response).

Section 3: Mitochondrial Restoration Protocol

To be completed with your practitioner. This targets the Krebs Cycle and Electron Transport Chain (ETC).

| Focus Area | Targeted Nutrient | Recommended Dosage | Frequency |
|---------------|-------------------------|--------------------|-----------|
| Krebs Cycle | Methylated B-Complex | | |
| Krebs Cycle | Alpha-Lipoic Acid (ALA) | | |
| ATP Stability | Magnesium Glycinate | | |
| ETC "Shuttle" | CoQ10 (Ubiquinol) | | |
| Biogenesis | PQQ / Resveratrol | | |

Section 4: Hormetic Stress & Lifestyle Tracking

Check the boxes for the "Target" interventions performed this week to stimulate new mitochondria (Biogenesis).

| Intervention | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|------------------------------------|-----|-----|-----|-----|-----|-----|-----|
| Cold Exposure (Cold shower/plunge) | [] | [] | [] | [] | [] | [] | [] |
| Heat Therapy (Sauna/Hot bath) | [] | [] | [] | [] | [] | [] | [] |
| HIIT (Short bursts of intensity) | [] | [] | [] | [] | [] | [] | [] |

Section 5: Scoring & Reflection

Total Symptom Count (Section 1): _ / 9 0-2: Optimal | 3-5: Moderate Mitochondrial Sluggishness | 6+: Severe ATP Depletion

Practitioner Observations:

Client Goal for Next 30 Days:

AccrediPro Standards Institute Certified Tool | Functional Medicine Targeting Protocol (FMTP-3)