

# The "Power Plant" Vitality Assessment

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

## Section 1: Mitochondrial "Red Flag" Checklist

*Check the boxes below if you have experienced these symptoms in the last 14 days. This helps us identify if your cellular "Power Plants" are struggling with "rust" or "exhaust fumes" (oxidative stress).*

**The "Exhaust" (Brain & Energy)** - [ ] Brain fog or "flickering lights" in the afternoon - [ ] Waking up exhausted despite 7+ hours of sleep - [ ] Feeling "Tired but Wired" (exhausted but unable to relax/sleep) - [ ] Dependence on 3+ cups of caffeine to function

**The "Fuel Leaks" (Metabolism & Cravings)** - [ ] Intense sugar or carb cravings (especially at 3:00 PM) - [ ] Recent weight gain, specifically around the midsection - [ ] Needing to eat every 2–3 hours to avoid getting "hangry" - [ ] Afternoon energy crashes that require a snack or nap

**The "Rust" Factors (Lifestyle)** - [ ] High-stress environment (Corporate/Home/Personal) - [ ] History of frequent antibiotic use - [ ] Use of alcohol (wine/beer) to "unwind" in the evenings - [ ] Diet low in "Cleaning Crew" foods (colorful vegetables/antioxidants)

## Section 2: 3-Day Energy & "Spark Plug" Tracker

*Use this table to track your "Fuel" and "Spark Plugs" (nutrients). Note your energy on a scale of 1–10.*

Day	Breakfast (Fuel)	Wine/Sugar (Exhaust)	Spark Plugs (Magnesium/Greens)	Energy (1-10)
1		<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	/10
2		<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	/10
3		<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	/10

## Section 3: Reflection & Power Plant Status

Total Red Flags Checked (Section 1): \_\_\_\_\_

**How would you describe your "Battery Charge" today? (e.g., "Won't hold a charge," "Running on 10%," "Flickering lights")**

---

**What is the #1 activity you would do if you had 20% more energy?**

---

## **Next Steps: Tuning Up the Engine**

- 1. Clean the Rust:** Increase "Cleaning Crew" foods (aim for 3 colors of veggies at lunch/dinner).
  - 2. Plug the Leaks:** Prioritize a protein-rich breakfast to stabilize blood sugar and stop the 3:00 PM crash.
  - 3. Add Spark Plugs:** Discuss specific mitochondrial supports (like Magnesium or CoQ10) with your coach.
  - 4. Clear the Exhaust:** Experiment with swapping the evening glass of wine for a mineral mocktail to allow for overnight cellular repair.
- 

*AccrediPro Standards Institute Certified Tool*

---