

METABOLIC FLEXIBILITY & ENERGY OPTIMIZATION TRACKER

Client Name: _____ Week of: _____

Section 1: The "Optimize" Phase Checklist

Complete this section daily to ensure the foundational signals for mitochondrial health are met.

- ☐ **Circadian Light:** Did I get 10–15 minutes of natural sunlight before 10:00 AM?
- ☐ **Time-Restricted Feeding (TRF):** Did I maintain my target eating window (e.g., 10am–6pm)?
- ☐ **Hydration:** Did I consume at least 64oz of water with added electrolytes (Magnesium/Potassium)?
- ☐ **Polyphenolic Shield:** Did I include at least 2 "Mito-Foods" (Onions, Apples, Green Tea, Cruciferous Veggies)?
- ☐ **Sleep Hygiene:** Was my last meal at least 3 hours before bed to allow for Mitophagy?

Section 2: 7-Day Bioenergetic Log

Use this table to track how your lifestyle choices impact your "Hybrid Engine" (Metabolic Flexibility).

Day	Eating Window (e.g., 10a-6p)	Zone 2 Training (Minutes)	Afternoon Slump? (Score 1-10)*	Primary Fuel Source (Sugar/Fat)**
Mon				
Tue				
Wed				
Thu				
Fri				

Day	Eating Window (e.g., 10a-6p)	Zone 2 Training (Minutes)	Afternoon Slump? (Score 1- 10)*	Primary Fuel Source (Sugar/Fat)**
Sat				
Sun				

*1 = No energy crash, 10 = Severe fatigue/brain fog (The "Sarah" Case Study profile). **Did you feel stable (Fat-burning) or did you have intense cravings/shakiness between meals (Sugar-burning)?

Section 3: Weekly Reflection & Scoring

Mitochondrial Momentum Score: (Total # of checkmarks from Section 1 for the week. Max 35): ___ / 35

Observations: 1. Did your "Afternoon Slump" score improve on days you practiced TRF or Zone 2 training?

1. How did your cravings change when you increased your "Polyphenolic Shield" foods?

1. Are you currently feeling like a "Hybrid Car" (able to switch fuels) or a "Sugar Burner"?

Next Steps:

- ☐ **Goal for Next Week:** Increase Zone 2 training by _____ minutes.
 - ☐ **Focus Area:** _____ (e.g., Morning light, earlier dinner).
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Practitioner Instructions:

- **The Hybrid Car Analogy:** Remind the client that metabolic flexibility is the ability to switch between glucose and fat. If they feel shaky between meals, their "switch" is broken.
- **Zone 2 Priority:** If the client reports high stress/cortisol, ensure they prioritize Zone 2 (conversational pace) over HIIT to avoid "Energy Node" burnout.
- **Mitophagy:** Emphasize that the 3-hour fast before bed is crucial for "cellular recycling"—cleaning out the "zombie" mitochondria that cause brain fog.

