

# 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 uIU/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 µg/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)
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### 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				

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### 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).
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### 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.")

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**Coach's Next Steps:**

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*AccrediPro Standards Institute Certified Tool*

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