

# Mitochondrial Health & Bioenergetic Vulnerability Assessment

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

**Purpose:** This tool identifies "bioenergetic red flags" across the high-energy tissues most susceptible to mitochondrial dysfunction. It helps determine if your current symptoms are rooted in cellular energy failure (ATP production) rather than just "general fatigue."

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## Section 1: The "Canary in the Coal Mine" Symptom Check

*Rate the frequency of these symptoms over the last 14 days: (0 = Never, 1 = Occasionally, 2 = Frequently, 3 = Daily)*

**The Brain (Consumes 20% of your ATP)** - [ ] Brain fog (difficulty finding words or focusing):  
\_ - [ ] **Mental fatigue after short periods of cognitive work:** \_ - [ ] Low mood or lack of "mental drive": \_\_\_\_\_

**The Muscles & Heart (Highest Mitochondrial Density)** - [ ] Muscle aching or weakness after light activity: \_ - [ ] **Post-Exertional Malaise (feeling worse 24 hours after exercise):** \_ - [ ] **Exercise intolerance (feeling "heavy" or winded quickly):** \_ - [ ] **General physical "soul-crushing" fatigue not fixed by sleep:**

Section 1 Total Score: \_\_\_\_\_

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## Section 2: Bioenergetic Inhibitors & History

*Check all that apply to your history or current lifestyle:*

Factor	Description	Check
Environmental	History of mold exposure or heavy metal toxicity?	<input type="checkbox"/>
Medication	Current or past use of Statins (which deplete CoQ10)?	<input type="checkbox"/>
Nutrient Gaps	Low intake of B-vitamins, Magnesium, or Amino Acids?	<input type="checkbox"/>
Chronic Stress	High-stress career/lifestyle (HPA axis strain)?	<input type="checkbox"/>
Recovery	Do you feel "drained" rather than "energized" after a workout?	<input type="checkbox"/>

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## Section 3: Reflection & Clinical Insight

**Scoring Guide:** \* **0–5:** Low probability of primary mitochondrial dysfunction. \* **6–12:** Moderate bioenergetic strain. Mitochondrial "fission" may be exceeding "fusion." \* **13+:** High probability of mitochondrial decay. The "cellular engines" are likely struggling to meet metabolic demand.

**Coach's Observations:** (*Look for patterns: Is the fatigue localized in the brain, muscles, or both? Was there a specific "trigger" like mold or high stress?*)

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**Client Reflection:** *Which of these symptoms impacts your daily productivity or "coaching capacity" the most?*

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### Next Steps:

1. **Adjust Intensity:** If Post-Exertional Malaise is present, temporarily reduce exercise intensity to prevent further mitochondrial "fission."
  2. **Support the "Shuttle":** Discuss CoQ10 and B-vitamin status to support the Electron Transport Chain "bucket brigade."
  3. **Address the "Foreign Guest":** Focus on reducing oxidative stress to protect mtDNA (which lacks protective histones).
  4. **Follow-up Date:** \_\_\_\_\_
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