

# Bioenergetic Battery & Safety Tracker

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

## Section 1: Baseline Battery Assessment

*Based on the "Cellular Battery" analogy, let's determine where your energy stands today.*

**Current Charge Level:** - ☐ **0–20% (Emergency Mode):** Bone-deep fatigue, brain fog, feeling "heavy" or "shut down." - ☐ **21–50% (Low Power Mode):** Functional but reliant on caffeine; "crashes" in the afternoon. - ☐ **51–80% (Standard Mode):** Steady energy, but fades quickly under stress or after exercise. - ☐ **81–100% (High Performance):** Waking up refreshed, clear-headed, and resilient.

**Signs of "Cell Danger Response" (CDR):** - ☐ **Tired but Wired:** Feeling exhausted but unable to sleep or "turn off" your brain at night. - ☐ **Muscle Aches:** Feeling like you've run a marathon after minimal physical activity. - ☐ **Brain Fog:** Difficulty finding words or feeling "stupid" during high-stress moments.

## Section 2: Daily Energy & Safety Log

*Track your energy flow for the next 3 days. Note when you are "whipping the horse" (caffeine) vs. "feeding the horse" (rest/nutrients).*

Time of Day	Battery % (0-100)	Caffeine/Stimulants?	"Safety Signal" Practice? (e.g., 5 min breathing, sun, rest)
Morning		<input type="checkbox"/>	
Mid-Day		<input type="checkbox"/>	
3:00 PM		<input type="checkbox"/>	
Evening		<input type="checkbox"/>	
Bedtime		<input type="checkbox"/>	

## Section 3: Bioenergetic Reflection

**1. The "Whip" Factor:** How many times did you use caffeine to push through a "Low Power Mode" today?

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**2. Safety vs. Danger:** Did you notice a "crash" after a stressful event? (This indicates your cells shifting from *Production* to *Protection*).

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**3. The "Tired but Wired" Check:** On a scale of 1-10, how much was your "survival brain" (anxiety/racing thoughts) over-firing while your "cellular battery" was low? **Score:** \_\_\_\_ / 10

### Next Steps:

- **Identify One "Energy Drain":** (e.g., skipping lunch, back-to-back meetings) \_\_\_\_\_
  - **Identify One "Safety Signal":** (e.g., 2 minutes of deep breathing, CoQ10, 10 mins of sunlight) \_\_\_\_\_
  - **Goal:** Shift the focus from "pushing harder" to "signaling safety" to the mitochondria.
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