

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."

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: _____

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"/>

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?)*

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

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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