

# MITOCHONDRIAL VITALITY & "CELLULAR BATTERY" ASSESSMENT

Client Name: \_\_\_\_\_ Date: \_\_ Initial / Follow-up

## Section 1: Clinical Indicators of ATP Depletion

*Check any symptoms experienced regularly in the last 14 days. These indicate potential "mitochondrial uncoupling" (where your cells leak energy instead of using it).*

**Neurological / Cognitive** - ☐ **Brain Fog:** Difficulty finding words or "cognitive stuttering." - ☐  
**Sensory Overload:** Feeling easily overwhelmed by bright lights or loud noises. - ☐

**Migraines:** Frequent or "mitochondrial" headaches.

**Muscular / Physical** - ☐ **Exercise Intolerance:** Feeling "wiped out" for 24+ hours after a workout. - ☐ **Delayed Recovery:** Muscle soreness (DOMS) lasting more than 48 hours. - ☐

**Chronic Aches:** General muscle heaviness without a clear cause.

**Metabolic & Systemic** - ☐ **The "3 PM Wall":** Intense energy crashes or sugar cravings in the afternoon. - ☐ **Weight Plateau:** Inability to lose weight despite caloric deficit. - ☐ **Post-Exertional Malaise (PEM):** Crashing after minor emotional or physical stress.

## Section 2: Screening for "Mito-Toxins" (Sand in the Gears)

*Identify potential environmental factors that may be "clogging" your cellular machinery.*

- ☐ **Non-Organic Produce:** Frequent exposure to conventional grains/produce (Glyphosate).
- ☐ **Heavy Metal Exposure:** History of dental amalgams, high seafood intake, or industrial exposure.
- ☐ **Mold/Moisture:** Known history of living or working in a water-damaged building (Mycotoxins).
- ☐ **Chronic Stress:** High-cortisol lifestyle (triggers the Cell Danger Response).

## Section 3: Mitochondrial Restoration Protocol

*To be completed with your practitioner. This targets the Krebs Cycle and Electron Transport Chain (ETC).*

Focus Area	Targeted Nutrient	Recommended Dosage	Frequency
Krebs Cycle	Methylated B-Complex		
Krebs Cycle	Alpha-Lipoic Acid (ALA)		
ATP Stability	Magnesium Glycinate		
ETC "Shuttle"	CoQ10 (Ubiquinol)		
Biogenesis	PQQ / Resveratrol		

Section 4: Hormetic Stress & Lifestyle Tracking

Check the boxes for the "Target" interventions performed this week to stimulate new mitochondria (Biogenesis).

Intervention	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Cold Exposure (Cold shower/plunge)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Heat Therapy (Sauna/Hot bath)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
HIIT (Short bursts of intensity)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Section 5: Scoring & Reflection

Total Symptom Count (Section 1): \_ / 9 0-2: Optimal | 3-5: Moderate Mitochondrial Sluggishness | 6+: Severe ATP Depletion

Practitioner Observations:

Client Goal for Next 30 Days:

AccrediPro Standards Institute Certified Tool | Functional Medicine Targeting Protocol (FMTP-3)