

# Mitochondrial Resilience & Bioenergetic Foundation Tracker

Client Name: \_\_\_\_\_ Week of: \_\_\_\_\_

## Section 1: Weekly Protocol Goals

Based on your assessment, check the targets we are focusing on this week: - [ ] Circadian

**Reset:** Morning sunlight (within 30 mins of waking) & Blue light blocking after sunset. - [ ]

**Hormetic Stress:** At least 2 sessions of Heat (Sauna) or Cold (Shower/Plunge). - [ ]

**Metabolic Window:** 14–16 hour overnight fast to trigger Mitophagy. - [ ] **Zone 2 Movement:**

150 minutes total per week (the "Talk Test" pace). - [ ] **Photobiomodulation:** Red light

therapy (if applicable/available).

## Section 2: Daily Bioenergetic Tracking

Mark a check (✓) when completed. Rate your energy from 1–10 (10 = highest).

Day	Morning Sun (10-15m)	No Blue Light (2hrs pre-sleep)	Fasting Window (14h+)	Zone 2 / Hormetic Stress	Energy Level (1- 10)
Mon	[ ]	[ ]	[ ]	—	
Tue	[ ]	[ ]	[ ]	—	
Wed	[ ]	[ ]	[ ]	—	
Thu	[ ]	[ ]	[ ]	—	
Fri	[ ]	[ ]	[ ]	—	
Sat	[ ]	[ ]	[ ]	—	
Sun	[ ]	[ ]	[ ]	—	

## Section 3: Weekly Reflection & Scoring

1. **Metabolic Flexibility:** How many days did you successfully complete a 14+ hour fast? \_ / 7

2. **Movement Volume:** Total minutes of Zone 2 (steady-state aerobic) activity: \_ / 150 min

3. **Brain Fog Assessment:** (Circle one) Significant Fog | Mild/Occasional | Clear & Sharp

**Observations (How did you feel on days you got morning sunlight vs. days you didn't?):**

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### **Next Steps:**

- **If Energy is < 5:** Focus exclusively on the Circadian Reset (Morning Sun/Night Blocking) to prime mitochondrial melatonin.
  - **If Energy is > 7:** Consider increasing the intensity of Hormetic Stressors (colder showers or longer sauna sessions).
  - **Movement Adjustment:** \_\_\_\_\_
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### **Practitioner Guidance Notes:**

- **Zone 2:** Remind the client this is "conversational" pace. If they can't speak in full sentences, they are going too hard and bypassing mitochondrial biogenesis.
- **Melatonin:** 95% of melatonin is produced *inside* the mitochondria as an antioxidant. Morning sun is the "trigger" for this process.
- **Mitophagy:** The 14–16 hour window is the "garbage disposal" for damaged mitochondria. Consistency is more important than duration.

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