

# Mitochondrial Vitality & "All-Clear" Signal Tracker

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

**Purpose:** This tool helps identify if your cellular "engines" (mitochondria) are in **Energy Mode** (growth and repair) or **Defense Mode** (Cell Danger Response). Use this to track how your body responds to stressors and support your journey back to full vitality.

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## Section 1: The "Security System" Assessment

*Mitochondria act like a smart home security system. If they sense a "burglar" (toxin, infection, or stress), they shut down the "appliances" (energy production) to sound the "alarm" (inflammation).*

**Check all that apply to you over the last 14 days:** - ☐ **Post-Exertional Malaise (PEM):**

Do you "crash" for 24–48 hours after a simple walk or busy day? - ☐ **Brain Fog:** Does reading or focusing feel like "wading through mud"? - ☐ **Sensitivity:** Are you suddenly more sensitive to smells, bright lights, or supplement doses? - ☐ **Unrefreshing Sleep:** Do you wake up feeling just as tired as when you went to bed? - ☐ **Heavy Limbs:** Do your arms or legs feel like they weigh 100 lbs? - ☐ **Mood Shifts:** Increased irritability or a feeling of being "wired but tired"?

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## Section 2: Weekly Energy & CDR Tracker

*Track your "Energy Leaks" (threats) and "Energy Inputs" (cofactors) to see how they impact your daily score.*

Day	Threat Level (1-10)	Energy Cofactors Used	Recovery Quality	Daily Energy (1-10)
Ex:	High (Work stress)	CoQ10, Mag, B-Complex	Poor (Crashed at 4pm)	3/10
Mon				
Tue				
Wed				
Thu				

Day	Threat Level (1-10)	Energy Cofactors Used	Recovery Quality	Daily Energy (1-10)
Fri				
Sat				
Sun				

**Threat Level:** 1 = Zen/Relaxed, 10 = High Stress/Toxic Exposure/Infection. **Energy Cofactors:** (e.g., B-Vitamins, Magnesium, CoQ10, PQQ, Anti-inflammatory foods).

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### Section 3: Mitochondrial "Bottleneck" Reflection

**1. Where is your "Engine" getting stuck?** (Referencing your FM Matrix/OAT results if available) - [ ] **The Gatekeeper:** Trouble turning food into fuel (Needs B1, B2, B3, B5, Lipoic Acid) - [ ] **The Bridge:** Trouble moving energy to the final stage (Needs CoQ10, B2, Iron) - [ ] **The Exhaust:** High oxidative stress/DNA damage (Needs Antioxidants/Toxin Removal)

**2. Is your Cell Danger Response (CDR) stuck "ON"?** *Based on your symptoms, are you in CDR1 (Inflammation), CDR2 (Rebuilding), or CDR3 (Returning to normal)?*

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### Section 4: Practitioner Observations & Next Steps

Total "Alarm" Checkboxes (Section 1): \_\_\_\_ / 6

**Practitioner Notes:**

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**Next Steps for the "All-Clear" Signal:** 1. **Reduce Threat:** (e.g., Limit blue light after 8 PM, reduce HIIT exercise to walking) 2. **Support the Engine:** (e.g., Introduce low-dose B-Complex or CoQ10) 3. **Clean the Filters:** (e.g., Support hydration and daily movement for mitophagy)

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