

ME/CFS Bioenergetic Stability & PEM Tracker

Client Name: _____ Week of: _____

Section 1: The "Reveal" (Baseline Markers)

Practitioner to complete during initial session based on OAT/Lab findings. * **Primary Metabolic Block:** Citrate/Isocitrate (Krebs) Succinate (Complex II) 8-OHdG (Oxidative Stress) * **Calculated Anaerobic Threshold (AT):** ___ BPM (Stay 15-20 beats below age-predicted max) * **Current Energy Envelope:** ___ Minutes of activity before required rest.

Section 2: Daily Bioenergetic Tracking

Use this table to monitor the "Wired but Tired" response and ensure you are staying within your metabolic capacity.

Day	Energy Level (1-10)	Exceeded AT? (Yes/No)	PEM Symptoms? (Brain fog, pain, fatigue)	High-Dose Protocol Taken?
Mon				<input type="checkbox"/> CoQ10 <input type="checkbox"/> NAD+ <input type="checkbox"/> Mag
Tue				<input type="checkbox"/> CoQ10 <input type="checkbox"/> NAD+ <input type="checkbox"/> Mag
Wed				<input type="checkbox"/> CoQ10 <input type="checkbox"/> NAD+ <input type="checkbox"/> Mag
Thu				<input type="checkbox"/> CoQ10 <input type="checkbox"/> NAD+ <input type="checkbox"/> Mag
Fri				<input type="checkbox"/> CoQ10 <input type="checkbox"/> NAD+ <input type="checkbox"/> Mag
Sat				<input type="checkbox"/> CoQ10 <input type="checkbox"/> NAD+ <input type="checkbox"/> Mag
Sun				<input type="checkbox"/> CoQ10 <input type="checkbox"/> NAD+ <input type="checkbox"/> Mag

Section 3: The "Energy Envelope" Pacing Log

Record your 15-minute activity segments to identify "Metabolic Rigidity" patterns.

- **Activity Segment (15 mins):** _____ **Rest Segment (15 mins):** [] Horizontal Rest Complete
 - **Activity Segment (15 mins):** _____ **Rest Segment (15 mins):** [] Horizontal Rest Complete
 - **Activity Segment (15 mins):** _____ **Rest Segment (15 mins):** [] Horizontal Rest Complete
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Section 4: Weekly Reflection & Scoring

1. Metabolic Stability Score: How many days this week did you avoid a "crash" (PEM)? ___ / 7 Days

2. Supplement Tolerance: * Did high-dose CoQ10/NAD+ cause insomnia or "wired" feelings? [] Yes [] No * Note: If yes, ensure Magnesium is being taken at a 1:1 ratio with mitochondrial supports.

3. Observations on Rigidity: Did you feel a "crash" specifically after a meal or a short walk?

Next Steps for Next Session:

[] Review Heart Rate Monitor data for AT spikes. [] Titrate [] CoQ10 / [] NAD+ dosage (Current: ___ mg). [] Assess "Total Toxic Burden" progress to exit Cell Danger Response.

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