

Functional Movement & Metabolic Momentum Tracker

Client Name: _____ Date/Week: ____

Purpose of this Tool

In Functional Medicine, we view movement as a biological signal. This tracker helps you shift from "Active Sedentary" (sitting all day + one gym hour) to a state of constant metabolic momentum. We are monitoring your **NEAT** (daily activity), your **Zone 2** (mitochondrial health), and your **Recovery** (HPA axis protection).

Section 1: Daily NEAT & "LPL" Activation

Goal: Prevent Lipoprotein Lipase (LPL) suppression by breaking up sedentary time every 60 minutes.

Day	10m Post-Meal Walk (Check)	Standing/Fidgeting/Stairs (Notes)	Max Sitting Streak (Minutes)
Mon	B / L / D		
Tue	B / L / D		
Wed	B / L / D		
Thu	B / L / D		
Fri	B / L / D		
Sat	B / L / D		
Sun	B / L / D		

Section 2: Targeted Movement (Zone 2 & Strength)

Zone 2: Movement where you can still hold a conversation (the "Talk Test"). Strength: Signals myokines to support brain and metabolic health.

Activity Type	Duration	Intensity (1-10)	Myokine Boost (Mood/Focus after?)
Zone 2 (e.g., Walking)			High / Med / Low
Strength (e.g., Isometrics)			High / Med / Low
Restorative (e.g., Yoga)			High / Med / Low

Section 3: The "Goldilocks" Response (PEM Check)

Critical for Fragile Patients: How do you feel 24 hours after your most intense movement?

- ☐ **Green:** Energy is stable or higher. (Capacity is good; maintain current level.)
- ☐ **Yellow:** Slightly more tired than usual but recovered after a nap/sleep. (Nearing capacity.)
- ☐ **Red:** Post-Exertional Malaise (PEM). Bedridden, "wired but tired," or brain fog 24 hours later. (**Action:** Scale back intensity by 50% next session.)

Section 4: Weekly Reflection

Total "Movement Breaks" (Standing/Walking): ____

1. Energy Assessment: On a scale of 1-10, how was your "afternoon crash" this week? ____
(Lower score = better glucose clearing via movement)

2. The Talk Test: During your Zone 2 sessions, were you able to maintain a conversation?

3. Successes/Barriers: What made it easy or hard to avoid long periods of sitting?

Practitioner Next Steps:

- ☐ If PEM (Red) is present: Shift to 100% restorative movement (Vagal tone focus).
- ☐ If Energy is stable: Increase Zone 2 duration by 5-10 minutes.
- ☐ Focus for next week: _____

