
26. Mito Single Strategy Tracker - First 30 Days

Start Date: _____

Strategy Name & Description: (what, when and how often, etc)

Pathway Rank: Primary (1) Secondary (2) Tertiary (3)

Safekeeper ____ Optimizer ____ Builder ____

Part of a stack?

☐ No ☐ Yes – with: _____

Starting Baseline Assessment. Circle one number in each row.

Energy most days: 0 1 2 3 4 5 6 7 8 9 10

Sleep quality: 0 1 2 3 4 5 6 7 8 9 10

Mood/outlook: 0 1 2 3 4 5 6 7 8 9 10

Describe in 1 or 2 words: Energy: _____

Sleep: _____ Mood: _____

Weekly Check-ins (up to 4 weeks)

For each week, circle and add one short note.

Week 1 end date _____

Energy: 0 1 2 3 4 5 6 7 8 9 10

Sleep: 0 1 2 3 4 5 6 7 8 9 10

Mood: 0 1 2 3 4 5 6 7 8 9 10

One thing I noticed: _____

Week 2 end date _____

Energy: 0 1 2 3 4 5 6 7 8 9 10

Sleep: 0 1 2 3 4 5 6 7 8 9 10

Mood: 0 1 2 3 4 5 6 7 8 9 10

One thing I noticed: _____

Week 3 end date _____

Energy: 0 1 2 3 4 5 6 7 8 9 10

Sleep: 0 1 2 3 4 5 6 7 8 9 10

Mood: 0 1 2 3 4 5 6 7 8 9 10

One thing I noticed: _____

Week 4 end date _____

Energy: 0 1 2 3 4 5 6 7 8 9 10

Sleep: 0 1 2 3 4 5 6 7 8 9 10

Mood: 0 1 2 3 4 5 6 7 8 9 10

One thing I noticed: _____

End of Week 4 snapshot

Did this strategy help me feel more...

Protected/safe (Safekeeper)? ☐ Yes ☐ No

Clean/efficient (Optimizer)? ☐ Yes ☐ No

Strong/capable (Builder)? ☐ Yes ☐ No

What Next?

Keep. ____ Add to Long Range Strategy

Change ____ Add to LongRange Strategy

Pause ____ Review in a month

Retire ____ Find a better strategy

One sentence to my future self about this strategy:

From: **The Power to Age Well: An Action Guide to Mitochondria & Healthy Longevity**

A full-sized, printable copy of this resource is available at:

IntelligentLivingForever.com/Worksheets. Look for the title of this worksheet.
