
5. Subjective & Objective Mito-Audit Progress Tracker

Use this simple log to track changes in your subjective Mito-Audit scores and lab test results over time. See Worksheet 4, "My Objective Mito-Audit: Lab Ranges and Clues," to help you understand and discuss your results.

My Subjective Questionnaire Tracking (every 2 or 3 months)

Baseline **Safekeepers** Score: [____] | Month 2: [____] | Month 4: [____]

Baseline **Optimizers** Score: [____] | Month 2: [____] | Month 4: [____]

Baseline **Builders** Score: [____] | Month 2: [____] | Month 4: [____]

My Objective Lab Tracking (when tests are repeated)

SAFEKEEPERS

Test Name: hs-CRP (FOR: Under 1.0 mg/L)

Baseline — Date: [____] Value: [____]

Follow-Up — Date: [____] Value: [____]

Test Name: Fasting Insulin (FOR: 2.0–6.0 uIU/mL)

Baseline — Date: [____] Value: [____]

Follow-Up — Date: [____] Value: [____]

OPTIMIZERS

Test Name: Fasting Glucose (FORs vary; see Worksheet 4)

Baseline — Date: [____] Value: [____]

Follow-Up — Date: [____] Value: [____]

Test Name: HbA1c (FOR: Under 5.4%)

Baseline — Date: [____] Value: [____]

Follow-Up — Date: [____] Value: [____]

Test Name: TSH (Free T4 if indicated) (FORs vary; see Worksheet 4)

Baseline — Date: [____] Value: [____]

Follow-Up — Date: [____] Value: [____]

BUILDERS

Test Name: Hemoglobin (Men) (No FOR; see Worksheet 4)

Baseline — Date: [____] Value: [____]

Follow-Up — Date: [____] Value: [____]

Test Name: Hemoglobin (Women) (No FOR; see Worksheet 4)

Baseline — Date: [____] Value: [____]

Follow-Up — Date: [____] Value: [____]