
3. Subjective Mito-Audit Questionnaire

Rate each of the following statements based on your experiences over the past month using this simple scoring system:

1 (Never) | **2** (Rarely) | **3** (Sometimes) | **4** (Often) | **5** (Always).

The Safekeepers Pathway (Protection)

1. I experience intense brain fog or feel physically crushed for days after a minor cold or a single night of poor sleep. []
2. Minor muscle soreness, minor injuries, or joint pains take an unusually long time to heal. []
3. I feel highly sensitive to artificial fragrances, chemical exhaust fumes, or sudden food triggers. []

Safekeepers Total Score: [] (Add scores for Safekeeper questions 1-3)

The Optimizers Pathway (Fine-Tuning)

1. I experience sharp afternoon energy crashes or feel intensely sleepy right after a carbohydrate-heavy meal. []
2. I get irritable ("hangry"), shaky, or lightheaded if a planned meal is delayed by an hour or two. []
3. I rely heavily on caffeine, sugar, or midday stimulants just to maintain focus and get through my tasks. []

Optimizers Total Score: [] (Add scores for Optimizer questions 1-3)

The Builders Pathway (Strength)

1. I get noticeably winded or experience heavy muscle fatigue simply walking up two flights of stairs. []
2. I have noticed a gradual loss of total muscle tone, baseline mass, or physical grip strength over the last few years. []
3. A standard 30-minute walk or light physical activity leaves me feeling utterly exhausted for the rest of the day. []

Builders Total Score: [] (Add scores for Builder questions 1-3)

Interpreting Your Totals

Add the three question scores for each pathway. Each pathway total will range from 3 to 15 points. Use your totals to see where you may want to focus.

3-6 (High Resilience): Good job! Celebrate what is working.

7-11 (Under Stress): Review questions scored 3-5. Do they need your attention?

12-15 (Needs Attention): Review questions scored 3-5 and discuss with your doctor.

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.
