

ENERGY-MITOCHONDRIA ASSESSMENT

Your Bioenergetic Snapshot



The Energy-Mitochondria Score

Every question is designed to reveal truths: Your symptoms aren't random — they're mitochondrial signals. This quiz will help you to understand them.

How to Answer

Choose the number that best describes your experience:

01

Very little or no symptoms

02

Mild symptoms

03

Moderate symptoms

04

Frequent or strong symptoms

Your answers will reveal which of the four mitochondrial states you're in.

The Energy-Mitochondria Quiz

TAKE QUIZ NOW

ENERGY & ATP OUTPUT

Fascinating Fact:

Your mitochondria produce roughly your body weight in ATP every 24 hours, constantly recycled. When output drops, cellular function is affected before fatigue registers consciously.

Q1. How does your energy feel on a typical day?

- 1.Strong and steady all day
- 2.Mostly good, with mild dips
- 3.Noticeably low by afternoon
- 4.Running on fumes or chronically drained

METABOLISM & MITOCHONDRIAL FLEXIBILITY

Fascinating Fact:

The vast majority of your resting metabolic rate comes from mitochondrial oxygen consumption, your metabolism is, in large part, a reflection of mitochondrial performance.

Q3. How predictable is your metabolism or weight?

- 1.Very stable
- 2.Mostly stable, but slowing
- 3.Easily shifts up and down
- 4.Weight gain despite no lifestyle changes

SLEEP & NIGHTLY CELLULAR REPAIR

Fascinating Fact:

Deep sleep triggers the nightly recycling of damaged mitochondria (mitophagy), without it, your energy system ages faster.

Q2. How restorative is your sleep?

- 1.Deep, continuous, restorative
- 2.Light, inconsistent, not fully refreshing
- 3.Broken with frequent waking
- 4.Poor, unrefreshing, or unrestorative despite exhaustion

CRAVINGS, GLUCOSE & FUEL SIGNALING

Fascinating Fact:

Cravings are bioenergetic distress signals, mitochondria ask for rapid fuel when they cannot efficiently burn what you give them.

Q4. How often do you experience cravings or blood sugar swings?

- 1.Rarely
- 2.Occasionally
- 3.Frequently
- 4.Daily or disruptive

INFLAMMATION & MITOCHONDRIAL IMMUNITY

Fascinating Fact:

When stressed, mitochondria release “danger signals” that the immune system interprets as attack, leading to hidden, chronic inflammation.

Q5. How often do you feel inflamed, puffy, or achy?

1. Rarely
2. Some days
3. Many days
4. Almost daily

STRESS & MITOCHONDRIAL DISTRESS SIGNALS

Fascinating Fact:

Cortisol synthesis begins with a mitochondrial enzyme reaction, your stress response and your mitochondrial capacity are directly linked.

Q7. How resilient do you feel under stress?

1. Very resilient
2. Moderately resilient
3. Easily overwhelmed
4. Constant low-grade stress

COGNITION & BRAIN MITOCHONDRIA

Fascinating Fact:

Your brain uses 20% of your energy with only 2% of your body mass. When mitochondrial output dips, focus and clarity are the first to go.

Q6. How would you rate your mental clarity?

1. Clear and sharp
2. Sometimes foggy
3. Often foggy
4. Persistent fog, poor focus

DIGESTION, DETOX & MITOCHONDRIAL ENZYMES

Fascinating Fact:

Your liver’s detox pathways rely on mitochondrial enzymes, sluggish detox pathways often reflect mitochondrial strain.

Q8. How consistent is your digestion/detoxification?

1. Very regular and comfortable
2. Slightly sluggish
3. Frequent bloating or discomfort
4. Chronic sluggishness or bloat

HORMONES & STEROID PRODUCTION (INSIDE MITOCHONDRIA)

Fascinating Fact:

The first step in making every steroid hormone, from estrogen to testosterone to cortisol, happens inside your mitochondria.

Q9. How balanced do your hormones feel?

1. Very balanced
2. Mild shifts
3. Noticeable symptoms
4. Strong or disruptive symptoms

MOVEMENT & MITOCHONDRIAL BIOGENESIS

Fascinating Fact:

Movement signals your cells to create new mitochondria (biogenesis), this is how exercise slows aging.

Q11. How often do you move/exercise?

1. Daily
2. 3–5× per week
3. Occasionally
4. Rarely

CIRCADIAN RHYTHMS & THE MITOCHONDRIAL CLOCK

Fascinating Fact:

Mitochondria “open” their metabolism with morning light and “close” it at night. Disrupted rhythms = disrupted energy.

Q10. How aligned is your sleep–wake rhythm?

1. Very consistent
2. Mostly consistent
3. Inconsistent
4. Irregular or frequently disrupted

TOXINS & MITOCHONDRIAL MEMBRANE DAMAGE

Fascinating Fact:

Mitochondrial membranes are among the first biological structures affected by toxin exposure, long before symptoms appear.

Q12. How high is your toxin exposure?

1. Very low (intentional lifestyle)
2. Moderate
3. High
4. Daily or unavoidable



Next Step

Your answers will reveal a snapshot of which of the four mitochondrial energy states you're in. Your body has been answering these questions long before you did. Submit to understand what it's trying to tell you.