

Health Awareness & Progress Tracking Form

Awareness is the first step to positive change. It is important to know your starting point. Track your progress BEFORE you start on ASEA/RENU 28. Complete START DATE, then again in 7, 30 & 90 days. People notice when their issues are problematic but tend not to notice if an issue is no longer present.

	ASEA Start Date	After 7 Days	After 30 Days	After 90 Days
General Health Issues: 1 = awful and 5 = Great	___/___/2017	___/___/2017	___/___/2017	___/___/2017
How is your energy level?	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
How is your sleep quality?	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
• # times up to urinate	0 1 2 3 4	0 1 2 3 4	0 1 2 3 4	0 1 2 3 4
How mentally “focused” are you?	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
How is your “mood”?	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
How is your digestion?	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
How are your eyes?	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
How is your breathing?	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
How are your allergen responses?	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
How are your sinuses?	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
How is your stress level?	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
How is your libido/drive?	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
How is your neurological health?	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
How is your athletic performance?	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5

**No medical claims are being made. ASEA is not intended to cure, heal, or treat disease.
ASEA optimizes cellular function and communication. The body heals itself.**

How is your skin, overall?

1 2 3 4 5

1 2 3 4 5

1 2 3 4 5

1 2 3 4 5

- _____
- _____
- _____

1 2 3 4 5

1 2 3 4 5

1 2 3 4 5

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1 2 3 4 5

Issues (if applicable)	Start	After 7 days	After 30 days	After 90 days
Overweight	lbs	lbs	lbs	lbs
Blood sugar issues – AM reading				
LDL Cholesterol				
HDL Cholesterol				
Triglycerides				
Prostate Specific Antigen (PSA)				
Blood Pressure				

Other issues:

Joint or Muscle Discomfort/Stiffness (specify area)

Rate on a scale of 1 – 5, 1 = Great and 5 = Awful (opposite of reverse page)

_____ 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5

_____ 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5

_____ 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5

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