

Name:

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	Before	24 HR	7 Days	14 Days	21 Days	30 Days	60 Days	90 Days
1-10 10 is Excellent								
Picture								
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Quality of Sleep								
Mental Clarity								
Energy & Vitality								
Stamina								
Recovery Time								
Strength & Tone								
Mobility								
Skin Appearance								
Eye Health & Sight								
Quality of Hair								
Feeling of Wellbeing								
Other:								
1-10 1 is Excellent								
Pain								
Inflammation								
Headaches								
Migrains								
Mood Swings								
Fine Lines & Wrinkles								
Age Spots								
Scars								
Other:								

Notes:

Name:

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	4 Mo.	5 Mo.	6 Mo.	7 Mo.	8 Mon.	9 Mo.	10 Mo.	11 Mo.
1-10 10 is Excellent								
Picture								
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Quality of Sleep								
Mental Clarity								
Energy & Vitality								
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