

## RESULTS TRACKER

This chart will help you recognize the changes that are happening in your body as you take ASEA Redox Supplement. Rate each function listed from 1-10 (10 being very good) and total the results. Fill out the CURRENT column and track your results each week to see the difference ASEA Redox Supplement is making.

FUNCTION	CURRENT	DAY 7	DAY 30	DAY 60	DAY 90
Energy					
Stress					
Sleep					
Digestive					
Mental Focus					
Muscle Comfort					
Joint Comfort					
Digestive Issues					
Back Comfort					
Endurance					
Workout Recovery					
Seasonal Issues					
Overall Health					
Other					
Total					