

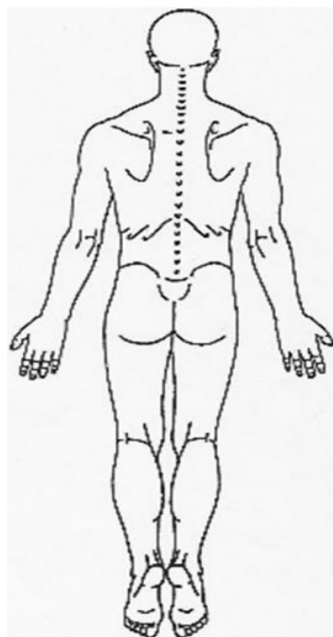
# Symptoms of Aging Checklist— Expect Big Things!

Name \_\_\_\_\_ Start Date \_\_\_\_\_

The Lifewave X-39 (TM) patch is proven to elevate copper peptide which Elevate, Activate and Regenerate Stem Cells in Clinical Studies, which help our bodies to restore our bodies regenerative capabilities, helping us to look and feel younger. Prove it to yourself. **Lifewave Patches— Wear 'Em, Share 'Em**

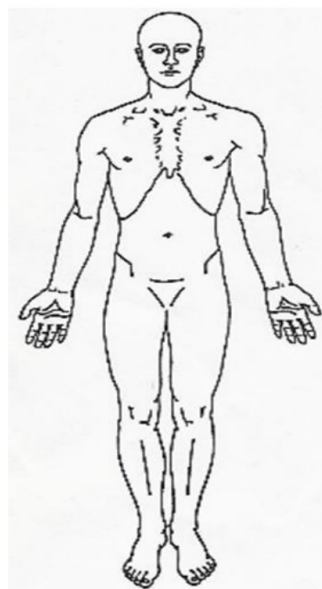
**Enter 0 to 10 , 10 being the WORST**

	Before	7 days	14	21	30	60	90
Sinus issues							
Ringing in the ears							
Chest pain							
Reflux symptoms							
Bloating							
PMS symptoms							
Frequent urination							
Can't get to sleep							
Wake up tired							
Low energy							
Inflammation							
Mental Clarity							
Mood							
Anxiousness							



**Enter 0 to 10 , 10 being the WORST**

	Before	Instant	7 days	14	21	30	60	90
Headaches								
Neck Pain								
Upper Back Pain								
Shoulder pain								
Mid back pain								
Arm Pain numbness								
Elbow Pain								
Wrist or hand pain								
Gluteal pain								
Leg or Sciatic Pain								
Knee pain								
Ankle pain								
Foot pain								



**0 TO 10 10 on this one 10 is BEST**

<b>VITALITY</b>	Before	instant	7 days	14	21	30	60	90
Stamina								
Strength								
Endurance								
Exercise Recovery								
Flexibility								
Range of Motion								

**0 to 10 ...10 is WORST**

<b>Beauty</b>	Before	7 days	14	21	30	60	90
Skin Appearance							
Fine Lines, Wrinkles							
Scars							
Age Spots							
Bright Eyes							
Hair Quality							