

REDOX "Health-Awareness ('BENCHMARK') & Progress-Tracking" Form*

#1 - Before starting ASEA, watch the 7-minute video at www.realredoxresults.com {Get password from your ASEA rep}

#2 - Simple Product Usage Instructions: www.HowToUseRedox.com & www.RedoxGuide.com

Awareness is the first step to positive change. It is important to know your starting point & then to track your observations, **for 90 days**.

Evaluate YOU, today, before you start drinking Asea & applying Renu28. ("**Hurting?**" See www.3timesin5minutes.com)

RE-evaluate YOU in 7, 30 & 90 days. People tend to forget issues... if they are no longer bothered by them.

Even with all you may currently be doing... *including meds, supplements, exercise, etc....* **HOW ARE YOU DOING, TODAY?**

FINER PRINT: 1 = BAD 5 = GOOD
BOLD 1 = GOOD 5 = BAD

DAY 0 **DAY 7** **DAY 30** **DAY 90**
 ___/___/2022 ___/___/2022 ___/___/2022 ___/___/2022

| | | | | |
|---------------------------------------|------------------|------------------|------------------|------------------|
| 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 well do you sleep? | 1 2 3 4 5 | 1 2 3 4 5 | 1 2 3 4 5 | 1 2 3 4 5 |
| -# times/night awoken to urinate? | 0 1 2 3 4 | 0 1 2 3 4 | 0 1 2 3 4 | 0 1 2 3 4 |
| How "focused" are you? | 1 2 3 4 5 | 1 2 3 4 5 | 1 2 3 4 5 | 1 2 3 4 5 |
| "Mood?" | 1 2 3 4 5 | 1 2 3 4 5 | 1 2 3 4 5 | 1 2 3 4 5 |
| Neurological issues? | 1 2 3 4 5 | 1 2 3 4 5 | 1 2 3 4 5 | 1 2 3 4 5 |
| Digestive issues? | 1 2 3 4 5 | 1 2 3 4 5 | 1 2 3 4 5 | 1 2 3 4 5 |
| Eye issues? Ear Issues? | 1 2 3 4 5 | 1 2 3 4 5 | 1 2 3 4 5 | 1 2 3 4 5 |
| Breathing/Sinus/Allergy Issues? | 1 2 3 4 5 | 1 2 3 4 5 | 1 2 3 4 5 | 1 2 3 4 5 |
| Overweight? | _____ lbs (kg) | _____ lbs (kg) | _____ lbs (kg) | _____ lbs (kg) |
| Sugar Issue? Morning Reading: | _____ | _____ | _____ | _____ |
| Pressure Issue? | _____ | _____ | _____ | _____ |
| Libido/Drive? | 1 2 3 4 5 | 1 2 3 4 5 | 1 2 3 4 5 | 1 2 3 4 5 |
| DISCOMFORT &/or STIFFNESS* | 1 2 3 4 5 | 1 2 3 4 5 | 1 2 3 4 5 | 1 2 3 4 5 |
| STRESS LEVEL? | 1 2 3 4 5 | 1 2 3 4 5 | 1 2 3 4 5 | 1 2 3 4 5 |

* Try applying Renu28 3x in 5 minutes See www.3timesin5minutes.com

ATHLETE? Athletic Performance & Recovery

| | | | | |
|----------------------------------|---------------|---------------|---------------|---------------|
| Endurance/stamina? | 1 2 3 4 5 | 1 2 3 4 5 | 1 2 3 4 5 | 1 2 3 4 5 |
| Normal BP & Pulse Recovery time? | _____ minutes | _____ minutes | _____ minutes | _____ minutes |

TAKE SERIAL PHOTOGRAPHS!!! Skin/Nails/Hair

| | | | | | | |
|-------------------------|-----------|------------|------------|------------|--------------|--------------|
| Specific Problem Areas? | Wrinkles? | Age Spots? | Sun Spots? | Cellulite? | Hair Issues? | Nail Issues? |
|-------------------------|-----------|------------|------------|------------|--------------|--------------|

Much More on ASEA's Many Gifts at: www.GettingYoungerClub.com

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.