

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

___/___/2023

___/___/2023

___/___/2023

___/___/2023

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

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

STRESS LEVEL?

1 2 3 4 5

1 2 3 4 5

1 2 3 4 5

1 2 3 4 5

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 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.