

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

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](http://www.3timesin5minutes.com))

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

Even with all you may currently be doing, *including meds, supplements, exercise, etc....*

## HOW ARE YOU DOING, TODAY?

Black Ink: 1 = Awful 5 = Great    Red Ink: 1 = Great 5 = Awful    [www.6Minutes6Reasons.com](http://www.6Minutes6Reasons.com)    [www.HowToUseRedox.com](http://www.HowToUseRedox.com)    [www.WhyItsPossible.com](http://www.WhyItsPossible.com)

	ASEA Start Date	After 7 Days	After 30 Days	After 90 Days
	__/__/2020	__/__/2020	__/__/2020	__/__/2020
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
<b>DISCOMFORT &amp;/or STIFFNESS*</b>	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 <a href="http://www.3timesin5minutes.com">www.3timesin5minutes.com</a>				
<b>STRESS LEVEL?</b>	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

### Skin/Nails/Hair: TAKE PHOTOGRAPHS!

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

\* No medical claims being made. Asea & Renu28 are not intended to cure, heal, prevent or treat disease.  
The body's immune system is capable of doing this.