

# WELLNESS TRACKER

## 1 // BASELINE

Prior to integrating Wellness Products into your daily routine, select any issues you are currently experiencing. Make comments if it is helpful to you in assessing results.

- SLEEP
- MOOD
- ANXIETY
- ENERGY
- DIGESTIVE
- WORKOUT RECOVERY
- ACHES + PAINS
- OTHER

Additional Comments:

## 2 // WELLNESS PRODUCT IN-TAKE

Please complete this chart for 5 consecutive days. There's no right or wrong. Best to be honest.

DATE	PRODUCT(S)	TIME(S)	DOSE(S)

## 3 // OBSERVATIONS + RESULTS

After integrating Wellness Products into your daily routine for the last 5 days, as recorded in the chart above, select any issues you are currently experiencing. Make comments if helpful to you in assessing results.

- SLEEP
- MOOD
- ANXIETY
- ENERGY
- DIGESTIVE
- WORKOUT RECOVERY
- ACHES + PAINS
- OTHER

Additional Comments:

#### 4 // PERSONAL ASSESSMENT

In general, what effect if any, do you notice from integrating Wellness Products into your daily routine for the last 5 days?

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Your follow up meeting with your Wellness Coach is scheduled for \_\_\_\_/\_\_\_\_/\_\_\_\_  
This will be a time for you to discuss your learnings and next steps.

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*Always check with your doctor before taking Wellness Products. This is copyrighted material, not for publication. Dosing is up to individual client. No treatment or health claims are being made through the Wellness Coaching Process.*