

Month \_\_\_\_\_

HEATH TRACKER

Year \_\_\_\_\_

■ Excellent (5)

■ Good (4)

■ Average (3)

■ Poor (2)

■ Very Poor (1)

Color OR (Score) in the chart below using the above descriptors. The goal: green (5) filled chart.

GOAL TO IMPROVE	RECORD STATUS ON EACH DAY OF THE MONTH																													
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
Blood Pressure																														
Appetite																														
Nutrition																														
Water Intake																														
Sleep Quality																														
Mood																														
Clear Thinking																														
Energy																														
Strength																														
Activity Level																														
Pain Reduction																														
Circulation																														
Mental Cognition																														
Memory Recall																														
Immune System																														
Digestion																														
Skin/Hair/Nails																														
Nervous System																														
Body Weight																														
Overall Wellbeing																														
TEST RESULTS																														
TEST RESULTS																														
NEEDS WORK																														
NEEDS WORK																														

**IMPORTANT:** For maximum benefits, take 2 scoops within a 12-hour period. Allow 90 days to start seeing results and 6 months for ultimate transformation. This is a maintenance program, so continued use is recommended for long-term results.

GOAL TO IMPROVE	RECORD STATUS ON EACH DAY OF THE MONTH																													
	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60
Blood Pressure																														
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GOAL TO IMPROVE	RECORD STATUS ON EACH DAY OF THE MONTH																													
	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90
Blood Pressure																														
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Water Intake																														
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