BODY INVENTORY CHART - SCORE: 1 = VERY BAD - 10 = VERY GOOD

Please read the product usage guides for RENU 28 and ASEA Redox Supplement and make sure you take before / during / after photos of your face and any other part you plan monitor. Set correct expectations – it is highly recommended to observe and record results for up to 12 weeks. Just fill in what is relevant to you.

Inventory results are very important to us - if you are happy to share yours send us a copy of this sheet to life@redox.repair or use the online form to submit your data (We will only need your before and final week scores for each item). These results are kept anonymous and contribute to our statistics and knowledge base.

AGE: SEX: M / F START DATE: ..../..../..... START DAY: Mo Tu We Th Fr Sa Su *(Try to fill in the sheet on the same day each week)*

		B4	WK1	WK2	WK3	WK4	WK5	WK6	WK7	WK8	WK9	WK10	WK11	WK12	COMMENTS
1	STRESS LEVEL														
2	ENERGY LEVEL														
3	MUSCLE COMFORT														
4	EXERCISE RECOVERY														
5	EMOTIONAL STATE														
6	SLEEP QUALITY														
7	WAKING UP STATE														
8	MENTAL FOCUS														
9	JOINT COMFORT														
10	ENDURANCE														
11	EXERCISE RECOVERY														
12	SKIN ISSUE														
13	HORMONAL DIFFERENCES (PMT ETC)														
14	HEALING RESPONSES (BURNS, INJURYS, CUTS, BRUISES ETC)														
15	OTHER ISSUE 1 ( )														
16	OTHER ISSUE 2 ( )														
17	OTHER ISSUE 3 ( )														
18	OVERALL SENSE OF WELL-BEING														