

Wellness Tracker

Measure your wellness over time to help you recognise the changes that are happening in your body as you consume ASEA products. We recommend you use ASEA products for 90 days and track your results.

Answer each question with a rating from 1 to 10 (10 being very good).	Today	1 week	2 weeks	1 month	2 months	3 months
Date						
What is your ENERGY level throughout the day?						
How is your quality of SLEEP?						
How well is your body responding to STRESS?						
How good is your DIGESTION?						
How is your HORMONE balance? (mood / menopause / sex drive / sugar regulation)?						
How is your MENTAL FOCUS / CLARITY?						
How is your ENDURANCE & RECOVERY from exercise or sport?						
How is your SKIN?						
How is your JOINT / MUSCLE comfort?						
How would you rate your OVERALL HEALTH & WELLNESS?						

Anything else you would like to monitor?

Take and date photos of any areas where you could see a visible difference using ASEA Products.

Anything else you might find helpful to remember how you are feeling?

Your Personalised Wellness Lifestyle

Write down your top 3 wellness priorities and goals for you and your family.

Complete the online Wellness Tracker (locate link in your team welcome email), or you can fill in the one on the next page, so you can track your progress. It's so exciting to look back at the progress you've made as you continue using the products over time!

Create your Daily Wellness Plan

PRODUCT	USAGE NOTES
Redox - Foundation for Health ASEA Redox Supplement Renu 28	_____ml/oz _____times a day (areas of the body for the gel)
Support with Supplements VIA Source VIA Biome VIA LifeMax VIA Omega	
Look Younger Renu Advanced Skin Care	

What other wellness choices could support your goals?

(e.g., Increase your hydration, get more sleep, movement, make changes in better food choices, mindset, purpose, community etc.)

Live Empowered

Create a 90-day wellness plan by adding the product you need to your monthly Autoship orders (plus earn Loyalty Rewards Points to use for free ASEA products). You can plan out your first 3 months below.

Month 1 Autoship	Month 2 Autoship	Month 3 Autoship
Date: ____/____/____	Date: ____/____/____	Date: ____/____/____
ASEA Redox cases Renu 28 tubes VIA Source bottles VIA Biome bottles VIA LifeMax bottles VIA Omega bottles Renu Advanced Skin Care	ASEA Redox cases Renu 28 tubes VIA Source bottles VIA Biome bottles VIA LifeMax bottles VIA Omega bottles Renu Advanced Skin Care	ASEA Redox cases Renu 28 tubes VIA Source bottles VIA Biome bottles VIA LifeMax bottles VIA Omega bottles Renu Advanced Skin Care
Total PV	Total PV	Total PV