



# THE X39 LIGHT TECHNOLOGY PATCH!



# HEALTH AWARENESS TRACKER

Name: \_\_\_\_\_

Start Day & Date: \_\_\_\_\_



**Section 1: A higher # is better with these Symptoms - 10 is Excellent**

	Before	24 hours	7 days	14 days	21 days	30 days	60 days	90 days
Quality of Sleep								
Mental Clarity								
Energy & Vitality								
Stamina								
Recovery Time from Exercise								
Muscle Strength & Tone								
Mobility								
Skin Appearance								
Feeling of Well Being								
Other:								

**Section 2: A lower # is better with these Symptoms - 1 is Excellent**

	Before	24 hours	7 days	14 days	21 days	30 days	60 days	90 days
Pain								
Inflammation								
Headaches								
Mood Swings								
Fine Lines & Wrinkles								
Age Spots								
Scars								
Other:								

**PLACE ONE X39 PATCH ON EITHER OF THESE TWO LOCATIONS**

- Apply to clean, dry skin in the morning
- Patches may be worn for up to 12 hours before discarding
- Keep well-hydrated during your X39® Experience

