



Health Benefits Tracker

Name _____

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
Appetite								
Quality of Sleep								
Dreams								
Energy and Vitality								
Stamina and Endurance								
Recovery from Exercise								
Muscle Strength & Tone								
Mobility								
Skin Appearance								
Feeling of Well Being								
Other:								

SECTION 1: A lower # is better with these symptoms - 0 is Excellent

	Before	24 hours	7 days	14 days	21 days	30 days	60 days	90 days
Pain 1:								
Pain 2:								
Pain 3:								
Inflammation								
Headaches								
Mood Swings (Emotions)								
Fine Lines & Wrinkles								
Age Spots								
Scars & Wounds								
Other:								

The more I heal, the more I can help others.

The more I help others, the more I heal.