

Body Inventory													
	Before ASEA	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
Energy level													
Muscles													
Workout recovery													
Sleep quality													
Mental focus													
Joint comfort													
Endurance													
Stress / Emotions													
Personal concern 1													
Personal concern 2													
TOTAL													

Please rate each function listed from 1 (poor) to 10 (excellent), then total the results.

Fill out the Before column and as you take ASEA fill out each weekly column to track your results and see the ASEA difference.

Note: High stress is 1-2, stress-free 9-10.