

# Symptoms of Aging Checklist

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

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



## HEALTH AWARENESS RATE YOUR HEALTH

**SECTION 1: HIGHER NUMBER IS BETTER. PLEASE RATE ON A SCALE 1-10. 10 BEING EXCELLENT**

	Before	24 Hours	7 Days	14 Days	30 Days	60 Days	90 Days
Quality of Sleep							
Energy & Vitality							
Stamina							
Mental Clarity							
Skin Appearance							
Quality of Hair							
Eyesight							
Wound Healing							
Sports Performance							

**SECTION 2: LOWER NUMBER IS BETTER. PLEASE RATE ON A SCALE 1-10. 1 BEING EXCELLENT**

	Before	24 Hours	7 Days	14 Days	30 Days	60 Days	90 Days
Pain							
Inflammation							
Headaches or Migraines							
Fine Lines and Wrinkles							
Scars							
Age Spots							
Exercise Recovery Time							

**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

