

RESULTS TRACKER **Optimal Health Score 120**

This chart will help you recognize the changes that are happening in your body as you take Redox Supplement. Rate each function listed from 1-10 (10 being very good) and total the results. Fill out the CURRENT column and track your results each week to see the difference Redox Supplement is making.

FUNCTION	CURRENT	DAY 7	DAY 30	DAY 60	DAY 90
Energy					
Stress					
Sleep					
Digestive					
Mental Focus					
Muscle Comfort					
Joint Comfort					
Digestive Issues					
Back Comfort					
Endurance					
Workout Recovery					
Seasonal Issues					
Overall Health					
Other					
Total					

ARE YOU HAPPY WITH YOUR SCORE?