X39™ Health Benefits Tracker

Track Your Results!

Name: _____ **Start Day & Date:** _____

The LifeWave X39™ patch is designed to elevate copper peptide, a natural compound proven through extensive clinical studies to activate stem cells. The incredible benefits that accrue naturally through that activation help to restore our body's regenerative capabilities... helping us look, feel, heal and live younger. But don't take our word for it... prove it to yourself by taking a few minutes to fill out this "Health Benefits Tracker" before and after starting on LifeWave X39.

Rate yourself on a 1-10 scale in each of the areas below

SECTION 1: A Higher # is Better with these Symptoms

	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								
Muscle Strength & Tone								
Mobility								
Skin Appearance								
Eye Health & Sight								
Quality of Hair								
Feeling of Well Being								
Other:								

SECTION 2: A Lower # is Better with these Symptoms

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