X39 HEALTH TRACKER

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The proper use of LifeWave® X39 has been proven to significantly increase GHK-Cu copper peptide in the body. Bodily production of human GHK-Cu copper peptide has been scientifically proven to increase healthy stem cell activity. Wear X39 for 12 hours per 24-hour period giving yourself a 12-hour break before applying a new X39 patch. Do this for a minimum of 6-12 months, and then continue daily use to maintain your benefits. Use this health tracker to determine your starting points and progress. Get regular doctor check-ups at the 6 and 12 month marks to track any internal or unfelt internal progress. At your check-up, ask for a basic and comprehensive metabolic panel, complete blood count, lipid panel, thyroid panel, C-reactive protein test, and vital nutrient levels. If possible, get a check-up before starting X39 (optional).

NAME:	**START DATE:**

HEALTH BENEFITS – Rate yourself on a scale of 1-10 with 1 being poor health and 10 being perfect health.

	BEFORE USE	24 HOURS	WEEK ONE	WEEK TWO	MONTH ONE	MONTH TWO	MONTH THREE	MONTH FOUR	MONTH FIVE	MONTH SIX	MONTH SEVEN	MONTH EIGHT	MONTH NINE	MONTH TEN	MONTH ELEVEN	MONTH TWELVE
Mobility																
Clarity																
Energy																
Stamina																
Strength																
Recovery																
Sleep Quality																
Hormones																
Skin Health																
Nail Health																
Hair Health																
Vision Health																
Gum Health																
Moods																
Patience																
Motivation																
Other																

SYMPTOM RELIEF – Rate yourself on a scale of 1-10 with 1 being low and 10 being high.

	BEFORE USE	24 HOURS	WEEK ONE	WEEK TWO	MONTH ONE	MONTH TWO	MONTH THREE	MONTH FOUR	MONTH FIVE	MONTH SIX	MONTH SEVEN	MONTH EIGHT	MONTH NINE	MONTH TEN	MONTH ELEVEN	MONTH TWELVE
Inflammation																
Pain																
Fatigue																
Neuropathy																
Headaches																
Migraines																
Brain Fog																
Scar Tissue																
Blood Pressure																
Bad Cholesterol																
Thyroid Function																
Adrenal Function																
Other																

PATCH SCHEDULER

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When you first start out using patch-based phototherapy, it is best to stick with just the X39 and Aeon patches for the first month. Adding additional patches early on may cause heavier detox symptoms. If you decide to use other LifeWave patches, it is recommended to use no more than 3-4 during each 12 hour "on" period. This means you can wear 3-4 different patches during the day such as X39, X49, Aeon, and SP6, then up to four different patches at night such as Alavida, Carnosine, and Silent Nights. Some users find they can wear 4-5 different patches per cycle, but it is important to listen to your body. If you are wearing more than four patches at one time, and you feel "off", remove one or two patches, and remember to drink a lot of water and get more electrolytes into your diet.

The patches are stabilized for a total of 24 hours, however this changes with the amount of heat the patch is subjected to, such as a hot shower, hot tub, or ambient heat above 85 degrees. Along with a brand-new patch, you can apply a used patch of the same kind the next day using medical fabric tape to any area of your body that needs extra support. You may also simply take it off after 12 hours and apply it directly to another person or even on your pet's collar. If you activate a patch, use it for 12 hours, take it off with the intentions of using it again the next day, but then forget to apply it, the patch will break down completely after around 48 hours or sooner based on initial heat exposure. Previously activated patches are dead after 36-48 hours based on how long initial use was and heat temperatures.

The X39 patch has been studied and proven to be most effective when worn in a consistent cycle of 12 hours on and 12 hours off. Wearing X39 for 24 hours on and 24 hours off will cause your progress to slow by 50%, meaning instead of seeing great results after 6 months, you may need to wait up to 12 months. Patches may be used for 24 hours if you do not plan to wear them daily. An example of this would be if you use the Y-Age trio on rotation. The Y-Age trio consists of Aeon, Carnosine, and Glutathione. Many users wear X39 daily, 12 hours on and 12 hours off, with a 24 hour rotation of the Y-Age trio.

TIMING EXAMPLE: Apply X39 and Aeon on Monday at 9am. Remove X39 at 9pm, but continue to wear Aeon until 9am the next day. Apply a new X39 on Tuesday along with Carnosine. Remove X39 at 9pm and continue to wear Carnosine until 9am the next day. On Wednesday, apply a new X39 along with Glutathione. Remove X39 at 9pm and continue to wear Glutathione until 9am the next day. Start the rotation again on Thursday with X39 and Aeon.

NAME:	**START DATE:**

DATE	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
AM DAY TIME	Time ON	Time OFF	Time ON	Time OFF	Time ON	Time OFF	Time ON	Time OFF	Time ON	Time OFF	Time ON	Time OFF	Time ON	Time OFF
X39														
X49														
Aeon														
Carnosine														
Glutathione														
Energy Enhancer														
IceWave														
SP6 Complete														
PM NIGHT TIME	Time ON	Time OFF	Time ON	Time OFF	Time ON	Time OFF	Time ON	Time OFF	Time ON	Time OFF	Time ON	Time OFF	Time ON	Time OFF
Alavida														
Silent Nights														
OPTIONAL PM														
IceWave														
Aeon														
Carnosine														
X39														