



SOMA
*The body in its
purest, most
intelligent
form.
A vessel of
living energy
and cellular
wisdom.*

VIBE
*A pure
resonance that
aligns body,
mind and spirit.
A subtle
frequency of
vitality and
healing.*

HEALTH
*The dynamic
state of being.
Mentally,
physically,
emotionally,
spiritually, and
energetically.*



30 Day QELBY® Water Tracking Journal



30-day EZ Water powered by QELBY® Tracking Journal

Introduction

Welcome to your 30-day journey with QELBY Ceramic Balls! This tracker helps you monitor your hydration and wellness while using QELBY's patented technology to structure water. Log daily and weekly observations to reflect on your experience.

How to Use QELBY Ceramic Balls

1. Rinse QELBY balls under clean water.
2. Place 100g of balls per 16-20 oz of tap water or purified water in a bottle or carafe.
3. Expose to light (sunlight or lamp) for 30 minutes to activate.
4. For best results, rinse and expos QELBY ceramic balls to light weekly to maintain activity.
5. Balls never have to be replaced.

Tip: Aim for 64 oz (2L) of QELBY-treated water daily for best results.

How does QELBY treated water work?

QELBY ceramic balls help energize and restructure your water, making it more bioavailable so your body can absorb it more easily at the cellular level. They create a subtle energetic field that promotes the natural clustering of water molecules—similar to how water exists in nature—so it can hydrate your cells more efficiently. This can enhance hydration, support detoxification, and optimize overall wellness.

Structured water is easier for your body to absorb at the cellular level, which can improve hydration. Better hydration often leads to increased energy, mental clarity, and reduced fatigue—especially if you weren't drinking enough quality water before.

Research into structured water is still emerging, but early studies suggest that water in a more organized state is better absorbed by the body. Many people also report subjective improvements in hydration, energy, and well-being. QELBY balls are designed to support this natural structuring process.

Key for tracker: Energy Level from 1-10, 10 being most energy, Sleep Quality 1-10, 10 being best sleep quality.

Day 1

Drank _____ oz EZ Water Energy Level _____ Sleep Quality _____

Other: _____

Day 2

Drank _____ oz EZ Water Energy Level _____ Sleep Quality _____

Other: _____

Day 3

Drank _____ oz EZ Water Energy Level _____ Sleep Quality _____

Other: _____

Day 4

Drank _____ oz EZ Water Energy Level _____ Sleep Quality _____

Other: _____

Day 5

Drank _____ oz EZ Water Energy Level _____ Sleep Quality _____

Other: _____

Day 6

Drank _____ oz EZ Water Energy Level _____ Sleep Quality _____

Other: _____

Day 7

Drank _____ oz EZ Water Energy Level _____ Sleep Quality _____

Other: _____

Day 8

Drank _____ oz EZ Water Energy Level _____ Sleep Quality _____

Other: _____

Day 9

Drank _____ oz EZ Water Energy Level _____ Sleep Quality _____

Other: _____

Day 10

Drank _____ oz EZ Water Energy Level _____ Sleep Quality _____

Other: _____

Day 11

Drank _____ oz EZ Water Energy Level _____ Sleep Quality _____

Other: _____

Day 12

Drank _____ oz EZ Water Energy Level _____ Sleep Quality _____

Other: _____

Day 13

Drank _____ oz EZ Water Energy Level _____ Sleep Quality _____

Other: _____

Day 14

Drank _____ oz EZ Water Energy Level _____ Sleep Quality _____

Other: _____

Day 15

Drank _____ oz EZ Water Energy Level _____ Sleep Quality _____

Other: _____

Day 16

Drank _____ oz EZ Water Energy Level _____ Sleep Quality _____

Other: _____

Day 17

Drank _____ oz EZ Water Energy Level _____ Sleep Quality _____

Other: _____

Day 18

Drank _____ oz EZ Water Energy Level _____ Sleep Quality _____

Other: _____

Day 19

Drank _____ oz EZ Water Energy Level _____ Sleep Quality _____

Other: _____

Day 20

Drank _____ oz EZ Water Energy Level _____ Sleep Quality _____

Other: _____

Day 21

Drank _____ oz EZ Water Energy Level _____ Sleep Quality _____

Other: _____

Day 22

Drank _____ oz EZ Water Energy Level _____ Sleep Quality _____

Other: _____

Day 23

Drank _____ oz EZ Water Energy Level _____ Sleep Quality _____

Other: _____

Day 24

Drank _____ oz EZ Water Energy Level _____ Sleep Quality _____

Other: _____

Day 25

Drank _____ oz EZ Water Energy Level _____ Sleep Quality _____

Other: _____

Day 26

Drank _____ oz EZ Water Energy Level _____ Sleep Quality _____

Other: _____

Day 27

Drank _____ oz EZ Water Energy Level _____ Sleep Quality _____

Other: _____

Day 28

Drank _____ oz EZ Water Energy Level _____ Sleep Quality _____

Other: _____

Day 29

Drank _____ oz EZ Water Energy Level _____ Sleep Quality _____

Other: _____

Day 30

Drank _____ oz EZ Water Energy Level _____ Sleep Quality _____

Other: _____

Day 31

Drank _____ oz EZ Water Energy Level _____ Sleep Quality _____

Other: _____

Now that you have made it through 30 days of tracking your intake and noting how you feel, share your experience with others.

Additional Notes:

Positive overall effects after 30 days:

Put a checkmark next to the ones that apply:

- Had less headaches _____
- Had less aches and pains _____
- Had more energy _____
- Had better mental clarity _____
- Had better overall quality of sleep _____
- Required less sleep _____
- Had better stamina at the gym _____
- Had better mood _____
- Ate less food _____
- Felt less stressed _____

Other notes: (add any other positive or negative results you noticed)

Thank you for tracking your results and we would love to hear from you. Somavibehealth.com