

X39 HEALTH TRACKER

Track It. Believe It. Live It.



The proper use of LifeWave® X39 has been shown to significantly increase GHK-Cu copper peptide in the body. This increase has been scientifically shown to support healthy stem cell activity.

Wear X39 for 12 hours in a 24-hour period, giving yourself a 12-hour break before applying a new patch. Do this for a minimum of 6–12 months, while continuing daily use to support your benefits.

Use this tracker to monitor your starting points and progress. Get regular check-ups at the 6 and 12 month marks to track any internal or physical changes. During your check-up, ask for a full metabolic panel, CBC, lipid panel, thyroid panel, C-reactive protein test, and vital nutrient level. 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.

	BEFORE USE	MONTH ONE	MONTH TWO	MONTH THREE	MONTH FOUR	MONTH FIVE	MONTH SIX
Mobility							
Clarity							
Energy							
Stamina							
Strength							
Recovery							
Sleep Quality							
Hormones							
Skin Health							
Nail Health							
Hair Health							
Vision Health							
Gut Health							
Mood							
Fatigue							
Motivation							
Other							



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

	BEFORE USE	MONTH ONE	MONTH TWO	MONTH THREE	MONTH FOUR	MONTH FIVE	MONTH SIX
Inflammation							
Pain							
Fatigue							
Neuropathy							
Headaches							
Migraines							
Brain Fog							
Sea Sickness							
Blood Pressure							
Bad Cholesterol							
Thyroid Function							
Adrenal Function							

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