

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 3 to 6 months, while continuing daily use to support your benefits.

NAME:

START DATE:



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

	BEFORE USE	DAY 3	1 WEEK	2 WEEKS	3 WEEKS	1 MONTH	2 MONTHS	3 MONTHS	4 MONTHS	5 MONTHS	6 MONTHS
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	DAY 3	1 WEEK	2 WEEKS	3 WEEKS	1 MONTH	2 MONTHS	3 MONTHS	4 MONTHS	5 MONTHS	6 MONTHS
Inflammation											
Pain											
Fatigue											
Neuropathy											
Headaches											
Migraines											
Brain Fog											
Sea Sickness											
Blood Pressure											
Bad Cholesterol											
Thyroid Function											
Adrenal Function											

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