

Protandim Symptom Tracker

I am excited you made the decision to make a change in your health. Before you start please take the time to note some of the following common concern areas. You may notice changes that are subtle and if not noted, may go unnoticed. Below is an evaluation for you to use to help you track your progress. Please rate yourself on a scale from 1-5 in the areas, with 1 = poor and 5 = excellent. Please **DO NOT HESITATE** to contact me if you have **ANY** concerns with your progress or product use. Protandim is clinically proven to reduce oxidative stress by 40% in 30 days. www.biohackingyourbody.com

Area of Health	Start Date _ / _ / _	Month 1 Check-In _ / _ / _	Month 3 Check-In _ / _ / _	Month 6 Check-In _ / _ / _	Comments
Energy Levels					
Sleep Quality					
Aches & Pain					
Daily Stress / Mood					
Anxiety/ Depression					
Headaches/ Migraines					
Mental alertness / Clarity / Focus					
Circulation					
Sex Drive / Libido					
Menstrual Symptoms and Length					
Bowel Movements					
Workouts and Recovery					
Hair/Nail Growth					
Overall Well-being					

Note other medical conditions you are currently experiencing that are not listed, and if you are reducing any medications.