

ASEA® Lifestyle Log

Before starting with ASEA, it's a good idea to take note of how you're feeling overall. You may want to write down any areas you want to focus on and measure how you feel before taking ASEA products. As you add ASEA to your healthy lifestyle choices, you can use this Lifestyle Log to monitor how you are feeling in the areas you want to pay attention to. Our innovative products are a positive addition to any healthy diet and routine and can support you in achieving your lifestyle goals over the next 90 days. Remember, consistency is key—stick with it and notice your progress, which will give you the confidence to live the life you deserve!

Simply jot down which areas of your well-being you're focusing on, and rate how you're feeling in each area, from 1 (poor) to 5 (great). Feel free to add your own categories based on your needs.

AREAS OF FOCUS	DAY 0	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8	WEEK 9	WEEK 10	WEEK 11	WEEK 12
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OBSERVATIONS

What are the positive changes I am noticing in myself?



SHARE YOUR ASEA STORY:

What do I want to share with others about living the ASEA lifestyle?
