# X39™ Health Benefits Tracker

*Track Your Results!*

**Name:** _____ **Start Day & Date:** _____

Before starting, take clear photos in good lighting of your face, skin, scars, moles, veins, age spots, or any areas you'd like to track. Changes can be gradual, and photos help you see your progress. The X39 patch is designed to support your body's natural repair and renewal processes using light-based technology. This tracker is a simple way to help you notice changes over time.

## Rate yourself on a 1-10 scale in each of the areas below

### SECTION 1: A Higher # is Better with these Symptoms

| | Before | 24 hours | 7 days | 14 days | 21 days | 30 days | 60 days | 90 days |
|---|---|---|---|---|---|---|---|---|
| Quality of Sleep | | | | | | | | |
| Mental Clarity | | | | | | | | |
| Energy & Vitality | | | | | | | | |
| Stamina | | | | | | | | |
| Recovery Time | | | | | | | | |
| Muscle Strength & Tone | | | | | | | | |
| Mobility | | | | | | | | |
| Skin Appearance | | | | | | | | |
| Eye Health & Sight | | | | | | | | |
| Quality of Hair | | | | | | | | |
| Feeling of Well Being | | | | | | | | |
| Other: | | | | | | | | |
| | | | | | | | | |

### SECTION 2: A Lower # is Better with these Symptoms

| | Before | 24 hours | 7 days | 14 days | 21 days | 30 days | 60 days | 90 days |
|---|---|---|---|---|---|---|---|---|
| Pain | | | | | | | | |
| Inflammation | | | | | | | | |
| Headaches | | | | | | | | |
| Migraines | | | | | | | | |
| Mood Swings | | | | | | | | |
| Fine Lines & Wrinkles | | | | | | | | |
| Age Spots | | | | | | | | |
| Scars | | | | | | | | |
| Other: | | | | | | | | |
| | | | | | | | | |