

Thank you for supporting
my business and your health

LET ME KNOW HOW YOU FEEL

Ganoderma /Reishi is a superfood infused in all of the Organo beverages, shakes and nutraceuticals. As an adaptogenic medicinal mushroom, it has properties that adjust to our bodies individual needs and can help bring your inner chemistry back to a state of balance. **Monitor these key markers of health over the Box Challenge.**

TODAY, how are you feeling?

On a scale of 0-10, 0 being **awful** and 10 being **great**:

Document your
Weight if you want
___ lb or ___ kg

- | | | | | | | | | | | |
|-------------------------|---|---|---|---|---|---|---|---|---|----|
| 1) Stress | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 2) Aches and Pains | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 3) Allergies | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 4) Sleep Quality | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 5) Headaches | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 6) Tiredness | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 7) Focus/Mental Clarity | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 8) Skin Issues | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 9) Digestion | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

After the Box Challenge, exclusively enjoying Ganoderma/Reishi beverages. How are you feeling?

On a scale of 0-10, 0 being **awful** and 10 being **great**:

Document your
Weight if you want
___ lb or ___ kg

- | | | | | | | | | | | |
|-------------------------|---|---|---|---|---|---|---|---|---|----|
| 1) Stress | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
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