



# VITALITY JOURNAL

Please describe how you **FEEL** while taking ageLOC Vitality. Note and date your experiences regarding energy, mental clarity or focus, better sleep, change in daily stimulant drink (coffee, energy drinks) consumption, etc.

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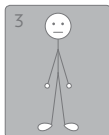
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# AGELOC® VITALITY DAILY TRACKER

- To help you see a difference in vitality, record what your vitality levels were for the three days prior to taking ageLOC Vitality.
- Use the vitality scale to rate your vitality level during different times of the day.
- Use the Compliance Reminder to help you remember to take ageLOC Vitality each day. Take three (3) capsules twice daily, preferably with breakfast and lunch.

VITALITY SCALE

Full of Vitality



Little/No Vitality

		BEFORE TAKING PRODUCT			BEGIN TAKING PRODUCT					
		-3	-2	-1	1	2	3	4	5	6
Vitality Scale	Morning (8 a.m.)									
	Afternoon (3 p.m.)									
	Evening (8 p.m.)									
Compliance Reminder	BREAKFAST									
	LUNCH									
		7	8	9	10	11	12	13	14	15
Vitality Scale	Morning (8 a.m.)									
	Afternoon (3 p.m.)									
	Evening (8 p.m.)									
Compliance Reminder	BREAKFAST									
	LUNCH									
		16	17	18	19	20	21	22	23	24
Vitality Scale	Morning (8 a.m.)									
	Afternoon (3 p.m.)									
	Evening (8 p.m.)									
Compliance Reminder	BREAKFAST									
	LUNCH									
		25	26	27	28	29	30			
Vitality Scale	Morning (8 a.m.)									
	Afternoon (3 p.m.)									
	Evening (8 p.m.)									
Compliance Reminder	BREAKFAST									
	LUNCH									