



The ASEA™ Body Inventory

	Before	Week 1	Week 2	Week 3	Week 4
Energy Level					
Muscle Discomfort					
Workout Recovery					
Emotional Stress					
Sleep Quality					
Mental Focus					
Joint Comfort					
Endurance					
Other:					
TOTAL					

NOTE: Please rate each function listed from 1 (not very good) to 5 (very good), then total the results. Fill out the **Before** column and as you take ASEA fill out each weekly column to track your results and see the ASEA difference.