

**NAME:** \_\_\_\_\_ **START DATE:** \_\_\_\_\_

## X39® USAGE INSTRUCTIONS:

- Before using X39®, watch the short 3-min video on the X39®technology on StartX39.com
- Complete the “Before” column on the X39® Health Benefits Tracker below
- Apply one X39® Patch in the morning
- Wear the X39® Patch for 12 Hours, REMOVE and DISCARD before bedtime
- The next day, complete the “24 hours” column on the X39® Health Benefits Tracker
- I or one of my team members will be happy to answer questions about this amazing technology
- Extend your X39® experience with our RISK FREE 30-Day 100% Money-Back Guarantee
- Keep Tracking Your X39® benefits for 90 Days with the Health Benefits Tracker

## PLACE ONE X39® PATCH ON EITHER OF THESE TWO LOCATIONS

- Apply to clean, dry skin in the morning
- Patches may be worn for up to 12 hours before discarding
- Keep well-hydrated during your X39® Experience



## X39® HEALTH BENEFITS TRACKER (Rate yourself on a 1-10 Scale)

Section 1: A higher # is better with these Symptoms - 10 is Excellent								
	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 From Exercise								
Muscle Strength & Tone								
Mobility								
Skin Appearance								
Feeling of Well Being								
Other:								

Section 2: A lower # is better with these Symptoms - 1 is Excellent								
	Before	24 hours	7 days	14 days	21 days	30 days	60 days	90 days
Pain								
Inflammation								
Headaches								
Mood Swings								
Fine Lines & Wrinkles								
Age Spots								
Scars								
Other								