



# Encha 5-Day Self-Study Guide

Observe your benefits from drinking Encha Organic Matcha (no coffee, soda or other caffeinated teas)

## Observe Zenergy - Calm Mental Energy without Jitter or Crash

(from the combo of moderate caffeine 60mg + mentally calming theanine 24mg per tsp of Encha - 2 grams)

	Day 1		Day 2		Day 3		Day 4		Day 5	
	Morning	Afternoon	Morning	Afternoon	Morning	Afternoon	Morning	Afternoon	Morning	Afternoon
<b>Time of Drinking</b>										
<b>Place of Drinking</b>										
<b>Way of Making</b> (tea, latte, etc.)										
<b>How many minutes before feeling alert?</b>										
<b>How many minutes before feeling calm and focused?</b>										
<b>How long calm energy lasted?</b>										
<b>Comparison to before (coffee or other teas)</b>										
<b>Tasting notes</b>										

## Observe Long-term Antioxidant Benefits

(from daily consumption of antioxidant Catechins 240mg per tsp of Encha - 2 grams)

	Month 1	Month 2	Month 3
<b>Metabolism</b> (digestion, weight control)			
<b>Skin Health</b> (clarity, smoothness, less acne)			
<b>Immunity</b> (less sickness, less inflammation)			