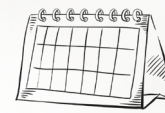


SEE IT. FEEL IT. TRACK IT.



Fill in the actual dates of your Tracker Self Check-Ins.
Put these dates into your calendar to set appointments with yourself.

Rate from 1-10 how you feel in the areas listed below. Use the blank spaces to fill in 2 specific areas that you would like to track (ex. Blood Pressure, Blood Sugar or Physical Activity).

1 - Needs Improvement
10 - Going Great

Digestion:

Energy Level:

Weight / BMI:

Deep Restful Sleep:

Optimism / Mood:

Aches & Pains:

Stress Level:

Food Choices:

Water Intake:

Commitment to Transformation:

General Feeling of Health:

_____:

_____:

Track your details by filling in the blanks, taking selfies and and sharing your progress.

Weight (Lbs):

I Feel (1 word):

Take Selfie:

Share Progress On Social or with Your Purium Brand Partner:

	• MAKE A COMMITMENT •				• STAY CONSISTENT •			• BE TRANSFORMED •	
	Date: _____	Date: _____	Date: _____	Date: _____	Date: _____	Date: _____	Date: _____	Date: _____	Date: _____
	DAY 0	DAY 3	DAY 10	DAY 20	DAY 30	DAY 45	DAY 60	DAY 75	DAY 90
Digestion:									
Energy Level:									
Weight / BMI:									
Deep Restful Sleep:									
Optimism / Mood:									
Aches & Pains:									
Stress Level:									
Food Choices:									
Water Intake:									
Commitment to Transformation:									
General Feeling of Health:									
_____:									
_____:									

_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

My Purium Brand Partner Name & Contact Info: _____

Item #: P11200-S RD1222



Learn more about products or visit the blog at bit.ly/ULTproducts



Lifestyle Guide, what to expect on your journey, and healthy meal inspiration.



Have questions? We have answers! Check out our Product Frequently Asked Questions (FAQs) Blog.



How to take great selfies. You will want to document this journey!