

Congrats on making this decision to improve your health

LET ME KNOW HOW YOU FEEL

Ganoderma (aka reishi mushroom) is the superfood infused in all of the Organo beverages, shakes and nutraceuticals. As an adaptogenic herb, it has properties that adjust to our bodies individual needs and can help bring your inner chemistry back to a state of balance.

Monitor these key markers of health over the course of your challenge.

TODAY, how are you feeling?

On a scale of 1-10, 1 being **awful** and 10 being **great**:

Document your
Weight if you want
___ lb or ___ kg

- | | |
|-------------------------|----------------------|
| 1) Stress | 1 2 3 4 5 6 7 8 9 10 |
| 2) Aches and Pains | 1 2 3 4 5 6 7 8 9 10 |
| 3) Allergies | 1 2 3 4 5 6 7 8 9 10 |
| 4) Sleep Quality | 1 2 3 4 5 6 7 8 9 10 |
| 5) Headaches | 1 2 3 4 5 6 7 8 9 10 |
| 6) Tiredness | 1 2 3 4 5 6 7 8 9 10 |
| 7) Focus/Mental Clarity | 1 2 3 4 5 6 7 8 9 10 |
| 8) Skin Issues | 1 2 3 4 5 6 7 8 9 10 |
| 9) Digestion | 1 2 3 4 5 6 7 8 9 10 |

Now, how do you feel AFTER consuming these delicious ganoderma infused beverages during your challenge?

On a scale of 1-10, 1 being **awful** and 10 being **great**:

Document your
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- | | |
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