

SELF ASSESSMENT

- This card is designed to help you assess the impact of the Program you are doing.
- Write a rating (1-20) on the first day of use for each rating area.
- Evaluate each area and reevaluate after 30, 60, and 90 days of using the patch.

Evaluation Areas	DAY 1	DAY 30	DAY 60	DAY 90
Leather Quality				
(0=Very poor, 10=Excellent)				
Energy Level				
(0=Low energy, 10=High energy)				
Sleep quality				
(0=Low quality, 10=High quality)				
Pain level				
(0=None, 10=Severe)				
Stamina				
(0=Very Por, 10=Excellent)				
Amount of Inflammation				
(0=none, 10=high)				
Ability to Exercise				
(0=Very poor, 10=Excellent)				
Swelling in the Joints				
(0=Very poor, 10=Excellent)				
Mental Clarity				
(0=Very poor, 10=Excellent)				

Record or describe any effects or sensations you notice on the first day of wearing the patches.

Record or describe any effects or sensations you have noticed during the first 30 days of using the patches.

Record or describe any effects or sensations you have noticed during the first 60 days of patch wearing.

Record or describe any effects or sensations you have noticed during the first 90 days of using the patches.

Additional Comments/Notes

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