



SNAPSHOT Bioenergetic Wellness

Complete your **Now**, right now. Record your observations in a week and again in another week. See how much of your life is improving.

The **Now**
Date: ____/____/____

LIFE ARMOR More Energy – Less Stress

Now Snapshot

One Week Later

Two Weeks Later

1. Sleep Well	<input type="checkbox"/> No <input type="checkbox"/> Rarely <input type="checkbox"/> Sometimes <input type="checkbox"/> Often	<input type="checkbox"/> Same <input type="checkbox"/> Better <input type="checkbox"/> Wow	<input type="checkbox"/> Same <input type="checkbox"/> Better <input type="checkbox"/> Wow
2. Feel Rundown, Recover Slowly	<input type="checkbox"/> No <input type="checkbox"/> Rarely <input type="checkbox"/> Sometimes <input type="checkbox"/> Often	<input type="checkbox"/> Same <input type="checkbox"/> Better <input type="checkbox"/> Wow	<input type="checkbox"/> Same <input type="checkbox"/> Better <input type="checkbox"/> Wow
3. Hungry Between Meals	<input type="checkbox"/> No <input type="checkbox"/> Rarely <input type="checkbox"/> Sometimes <input type="checkbox"/> Often	<input type="checkbox"/> Same <input type="checkbox"/> Better <input type="checkbox"/> Wow	<input type="checkbox"/> Same <input type="checkbox"/> Better <input type="checkbox"/> Wow
4. Feelings of Anxiety, Stress	<input type="checkbox"/> No <input type="checkbox"/> Rarely <input type="checkbox"/> Sometimes <input type="checkbox"/> Often	<input type="checkbox"/> Same <input type="checkbox"/> Better <input type="checkbox"/> Wow	<input type="checkbox"/> Same <input type="checkbox"/> Better <input type="checkbox"/> Wow
5. Good Energy After 3PM	<input type="checkbox"/> No <input type="checkbox"/> Rarely <input type="checkbox"/> Sometimes <input type="checkbox"/> Often	<input type="checkbox"/> Same <input type="checkbox"/> Better <input type="checkbox"/> Wow	<input type="checkbox"/> Same <input type="checkbox"/> Better <input type="checkbox"/> Wow
6. Fatigue Quickly	<input type="checkbox"/> No <input type="checkbox"/> Rarely <input type="checkbox"/> Sometimes <input type="checkbox"/> Often	<input type="checkbox"/> Same <input type="checkbox"/> Better <input type="checkbox"/> Wow	<input type="checkbox"/> Same <input type="checkbox"/> Better <input type="checkbox"/> Wow
7. Good Mental Clarity	<input type="checkbox"/> No <input type="checkbox"/> Rarely <input type="checkbox"/> Sometimes <input type="checkbox"/> Often	<input type="checkbox"/> Same <input type="checkbox"/> Better <input type="checkbox"/> Wow	<input type="checkbox"/> Same <input type="checkbox"/> Better <input type="checkbox"/> Wow
8. Strong Patience	<input type="checkbox"/> No <input type="checkbox"/> Rarely <input type="checkbox"/> Sometimes <input type="checkbox"/> Often	<input type="checkbox"/> Same <input type="checkbox"/> Better <input type="checkbox"/> Wow	<input type="checkbox"/> Same <input type="checkbox"/> Better <input type="checkbox"/> Wow

Are you wellness winning?