

SELF ASSESSMENT SHEET

Reishi is a superfood infused in all of Organo's products I sell. As an adaptogenic herb, it will adjust to your body's needs and will help to bring your body back to a state of balance. Monitor these key markers of health over the next 30/60/90 days.

TODAY, how are you feeling?

On a scale of 0-10, 0 being **awful** and 10 being **great**:

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

Document your Weight if you want
___ lb or ___ kg

AFTER 30/60/90 days of REISHI How are you feeling?

On a scale of 0-10, 0 being **awful** and 10 being **great**:

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

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Thank you for supporting my business and your health
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