

NUWTR

Track Your Results



Name: _____

Cell #: _____ Email : _____

NuWTR Fulvic and Humic Minerals provide a healthy foundation that allows your body to function optimally. But don't take our word for it; see it for yourself by tracking your results here.

Rate yourself in each area below on a scale of 1-10
1 being poor and 10 being excellent

	Before	End of Day 3	Day 6	Day 9	Day 30
Sleep					
Energy					
Mood					
Recovery from Exercise					
Concentration & Focus					
Memory					
Zest for Life					

↓ **Rate yourself in each area below on a scale of 1-10** ↓
1 being none and 10 being the highest

Pain					
Stress and Anxiety					
Temper					
Allergies					