

Add the date and time as to when you took your Adaptogen Elixir™. Indicate your feelings by circling the emoji in the box. This tracker gives you the chance to reflect on your mental wellbeing and track it over time. You'll be able to notice when your mood has shifted and where you still have the opportunity for improvement.

Sipped at (date & time)	Before taking Adaptogen Elixir, I feel	At the end of the day, I felt	Anything noteworthy?	
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## TAKE A SECOND TO CELEBRATE.

Leave a product review so others can understand the power of this product.

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