

90 Day Bloodwork Tracking sheet

90 Day Blood work Guarantee:

Fill out your most recent blood work including date taken. Commit to taking the products for at least 90 days (3 months) before measuring again to see the improvements.

Health Goal:

BLOOD PANEL	Before	After
Date of Blood Test:		
Total Cholesterol (mmol/L)		
HDL (mmol/L)		
LDL (mmol/L)		
Triglycerides		
Fasting glucose		
HbA1c		
Blood Pressure		
Body Fat %		
BMI		