



Performance Improvement Benchmark

1. For each performance category, please rate yourself 1 to 5 (five being optimum) before beginning this trial.
2. **Drink 4-8 oz. per day, every day.**
3. Continue rating yourself each day you take ASEA. Use N/A where needed, i.e. Race Performance N/A if no races.
4. After each week calculate the week average for the category (example:

2	3	3	2	3	4	3
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 =20/7= 2.86 total)

	Before	Week 1	Week 2	Week 3	Week 4	Week 5
Energy Level						
		Week Avg.=	Week Avg.=	Week Avg.=	Week Avg.=	Week Avg.=
Endurance						
		Week Avg.=	Week Avg.=	Week Avg.=	Week Avg.=	Week Avg.=
Recovery						
		Week Avg.=	Week Avg.=	Week Avg.=	Week Avg.=	Week Avg.=
Stamina						
		Week Avg.=	Week Avg.=	Week Avg.=	Week Avg.=	Week Avg.=
Mental Focus						
		Week Avg.=	Week Avg.=	Week Avg.=	Week Avg.=	Week Avg.=
Sleep Quality						
		Week Avg.=	Week Avg.=	Week Avg.=	Week Avg.=	Week Avg.=
Race Performance						
		Week Avg.=	Week Avg.=	Week Avg.=	Week Avg.=	Week Avg.=
Any Other Health Issues:						
		Week Avg.=	Week Avg.=	Week Avg.=	Week Avg.=	Week Avg.=