

Rejuvenation Record

1: Very Poor ~ 10: Excellent Condition

	START	1st MONTH	2nd MONTH	3rd MONTH	6th MONTH	9th MONTH	12th MONTH
Date							
*Pictures Taken							
Daily Intake Amount							
Stress Resiliency							
Deep Sleep							
Happiness/Mood							
Pain/Inflammation							
Skin							
Libido							
Energy Level							
Athletic Stamina							
Exercise Recovery							
Digestion/Elimination							
Memory/Focus							
Body Weight/Waist Size							
Body Fat/Muscle %							
Hair Health							
Nighttime Urination Frequency							
Body Odor							
Others							

***See For Yourself!** Before getting started with TeloYouth take pictures in the same angle, lighting, and background. This should be of your face AND any area of your body you would like to see results. (examples: Hair, Nails, Rashes, Burns, Scars)

The body's reconstruction process creates a lot of dust and noise. It is called the "Detoxification and Retracing Process," which often comes with discomfort or pain. It is the thankful proof that our body is repairing. It is NOT a side effect. Have faith in your innate repair system and follow through the program. Your life will change!