

SMART START 90 LIFESTYLE LOG

Before you begin the Smart Start 90 program, take a moment to reflect on how you’re feeling overall. Identify the key areas you want to focus on—such as your energy, resilience, recovery, sleep quality, skin vitality and clarity—and record your starting point in your Lifestyle Log at week 0. Simply rate how you feel in each area from 1 (low) to 5 (great), and feel free to add any additional areas that matter to you.

As you begin incorporating ASEA into your daily routine, this log becomes a simple way to track your progress and notice changes over time. Alongside your weekly check-ins with your ASEA Brand Partner, you’ll stay supported, guided, and accountable throughout your journey.

ASEA products are designed to complement a healthy lifestyle and support your daily routine over the full 90 days. Consistency is key—by staying committed and tracking your progress, you’ll build awareness, confidence, and momentum as you move toward your personal goals.

Area Of Focus	Day 0	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
Sleep Quality													
Energy Levels													
Skin Vitality													
Recovery													
Clarity													
What are the positive observations I am noticing in myself?	Looking back on your 90-day journey, what would you like to share with others about your experience, the changes you’ve noticed, and how committing to the full 90 days supported your results?												
Week 4													
Week 8													
Week 12													