

Wellness Log

Week of _____ through _____

Sunday _____ *Issue/Concern* _____

Protocol/s Used _____ *Appx Total Time* _____

Results this Day _____

Notes/Comments _____

Monday _____ *Issue/Concern* _____

Protocol/s Used _____ *Appx Total Time* _____

Results this Day _____

Notes/Comments _____

Tuesday _____ *Issue/Concern* _____

Protocol/s Used _____ *Appx Total Time* _____

Results this Day _____

Notes/Comments _____

Wednesday _____ *Issue/Concern* _____

Protocol/s Used _____ *Appx Total Time* _____

Results this Day _____

Notes/Comments _____

Thursday _____ *Issue/Concern* _____

Protocol/s Used _____ *Appx Total Time* _____

Results this Day _____

Notes/Comments _____

Friday _____ *Issue/Concern* _____

Protocol/s Used _____ *Appx Total Time* _____

Results this Day _____

Notes/Comments _____

Saturday _____ *Issue/Concern* _____

Protocol/s Used _____ *Appx Total Time* _____

Results this Day _____

Notes/Comments _____

PulsedTech.com PulsedTechResearch.com **Instrument/s Used** (i.e. P3, P3pro, PFG) _____ **Mode** (i.e. contact/plasma) _____