

Case Study Participant Follow-Up Questionnaire:

Week / Month: _____

I used my blend _____ times a day

I was consistent in using my blend daily:

Yes

No

After using my blend, on a scale of 1 (no results) – 10 (awesome results), I have noticed the following:

Improved memory, focus, concentration

1 2 3 4 5 6 7 8 9 10 NA

Improved energy and stamina

1 2 3 4 5 6 7 8 9 10 NA

Improved mood

1 2 3 4 5 6 7 8 9 10 NA

I was better at handling a stressful situation

1 2 3 4 5 6 7 8 9 10 NA

Goal #1: _____

1 2 3 4 5 6 7 8 9 10 NA

Goal # 2: _____

1 2 3 4 5 6 7 8 9 10 NA

Goal #3: _____

1 2 3 4 5 6 7 8 9 10 NA

Other noticeable results. If no results were experienced, what were you expecting to feel or receive relief from that you didn't get?