

**MY
MUSIC.
CAFE**

**HEALTHY
HEART.
CAFE**




**MY
BEVERAGE.
CAFE**

**HEALTHY
LUNGS.
CAFE**



**CAREER.
CAFE**

**MyCBD
CAFE**



TRACKER DELIVERS ACCURATE TRACKING TOOLS TO IMPROVE YOUR ABILITY TO SUCCEED IN LIFE, BUSINESS, RELATIONSHIPS, SPORTS, PERSONAL INTERESTS AND MORE. MANAGE YOUR PERSONAL HEALTH MANAGEMENT WITH eHEALTH.CAFE'S **TRACKER** & FEEL THE DIFFERENCE.

HEALTH MGT	FUEL CHOICES	NUTRITION	CONSUMPTION	VARIABLES	BEHAVIORS	REPORTS
- activities	- proteins	- calories	- amounts	- conditions	- patterns	- track
- events	- carbs	- hydration	- frequency	- symptoms	- trends	- analyze
- goals	- veggies	- fiber	- conditions	- treatment	- results	- adapt

TRACKING YOUR FUEL CONSUMPTION:

- 1) PRODUCES POSITIVE ENERGY THAT CAN BE USED TO SUCCEED IN LIFE. TRACKING FUEL IN NEW SESSIONS, CREATING NEW GOALS & LISTING ACTION STEPS ARE DEFINITELY WORTH THE TIME WHEN THE RESULT IS AN INVESTMENT INTO ONES OWN PERSONAL HEALTH MANAGEMENT.
- 2) ID'S FUEL NECESSARY TO GET THE ENERGY LEVELS BACK UP TO A MAX LEVEL SO ONE CAN CONTINUE TO COMPLETE VARIOUS TASKS/PROJECTS
- 3) EMPOWERS YOU TO GET THINGS FINISHED. COMPLETING TASKS AND PROJECTS IMPROVES YOUR ABILITY TO FOCUS, AND TRACKER LETS YOU FOCUS ON WHAT ELSE YOU HAVE TO DO ONCE YOU FUEL UP.
- 4) IDENTIFIES TRENDS THAT KEEP STRESS LEVELS IN CHECK DURING TIMES WHEN GAME PLANS ARE BEING CONVERTED INTO SUCCESS STORIES
- 5) IDENTIFIES BEHAVIORS AND CHOICES THAT MAY BECOME A TREND AND THAT IS ONE THING THAT MAKES YOU STRONGER. TRENDS DETERMINE HEALTHY ACTIVE LIFESTYLES THAT LEAD TO LONG-TERM SUCCESS
- 6) PRODUCES RESULTS . . . AND SHOWS YOU EXACTLY HOW YOU ACHIEVED THEM. JUST SIGN UP, CREATE A GOAL, LIST THE ACTION STEPS & GO!

CREATE A SESSION [ACTIVITY REPORT]

DATE:

BRAND:

NAME:

SERVING SIZE:

COMMENTS:

SITUATION:

CONDITION:

SOLUTION:

COMMENTS:

How did you rate the REWIRE WATER?



eHEALTH.CAFE

TRACKING

fuels | energy | action