

Our 60-night fridge calendar

Took your 2 capsules?

Check your own box ☒

Missed a night? No problem. Just carry on the next day.

**We started on
(Night 1):**

	Me: _____							My partner: _____						
Week 1	1	2	3	4	5	6	7	1	2	3	4	5	6	7
Week 2	8	9	10	11	12	13	14	8	9	10	11	12	13	14
Week 3	15	16	17	18	19	20	21	15	16	17	18	19	20	21
Week 4	22	23	24	25	26	27	28	22	23	24	25	26	27	28
Week 5	29	30	31	32	33	34	35	29	30	31	32	33	34	35
Week 6	36	37	38	39	40	41	42	36	37	38	39	40	41	42
Week 7	43	44	45	46	47	48	49	43	44	45	46	47	48	49
Week 8	50	51	52	53	54	55	56	50	51	52	53	54	55	56
Week 9	57	58	59	60	You did it!			57	58	59	60	You did it!		

 Thick box = Night 30, halfway. That's about the end of the first bottle.

Purenyx® Magnesium 12-in-1 Complex: 2 capsules a day, as directed on the label. Many people find it easiest to remember with dinner.

Questions? Call (912) 205-6830, any time, 24/7 • support@purenyx.co

Our weekly check-in

Once a week, each of you circles one number:

1 = not good • **3** = okay • **5** = very good

Week	Who	Sleep How did I sleep?	Energy How was my energy?	Calm How calm did I feel?	Notes
Week 1	Me	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Date _____	Partner	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Week 2	Me	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Date _____	Partner	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Week 3	Me	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Date _____	Partner	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Week 4	Me	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Date _____	Partner	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Week 5	Me	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Date _____	Partner	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Week 6	Me	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Date _____	Partner	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Week 7	Me	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Date _____	Partner	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Week 8	Me	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
Date _____	Partner	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	

Everyone is different, and results vary. **This is just for you.**

This is not medical advice. Talk to your doctor or pharmacist, especially if you take medicines, are pregnant or nursing, or have kidney problems.

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These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.