INOSITOL AUSTRALIA

Inositol 12-Week Progress Tracker

inositol.com.au

Each week, write a number from 1 (Low/Poor) to 5 (High/Excellent) in each box to track how you feel.

Category	1	2	3	4	5	6	7	8	9	10	11	12
Inositol Dose – 4g/day everyday												
Energy Levels												
Motivation & Drive												
Sleep Quality												
Bathroom Regularity												
Urine Clarity												
Mental Clarity												
Mood Stability												
Facial Puffiness												
Ability to Exercise												
Skin Condition (Acne, Texture)												
Hair Condition (Shedding, Growth)												
Sugar Cravings												

Tips for using this tracker:

- Fill this in once a week — same time each week — to spot trends over time.

12-Week Reflection Worksheet

1. What categories did you notice the most improvement in?

2. What categories stayed the same or got worse?

3. What might have influenced your results positively?

4. What might have limited your progress?

5. How did your energy, mood, or motivation change overall?

6. What habits or routines helped you stay consistent?