



kivo
light therapy

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Wellness Tracker

At **Kivo**, improving your happiness, health, and wellness is our goal. You can use this tracker to follow your progress with our panels and we'd love you to let us know how you feel at the end of it! If you're tracking acne and spots, wrinkle reduction, skin conditioning - we highly recommend taking before and after photos. The effects of light therapy are gradual and can take time to elicit a response.

What is the intention of using Red Light Therapy?

The date you're starting treatment

How do you feel right now?



23 day tracker

Day	Your Notes	Day	Evening	Feeling
1	_____	<input type="checkbox"/>	<input type="checkbox"/>	☹️ ☹️ 😐 😊 😊
2	_____	<input type="checkbox"/>	<input type="checkbox"/>	☹️ ☹️ 😐 😊 😊
3	_____	<input type="checkbox"/>	<input type="checkbox"/>	☹️ ☹️ 😐 😊 😊
4	_____	<input type="checkbox"/>	<input type="checkbox"/>	☹️ ☹️ 😐 😊 😊
5	_____	<input type="checkbox"/>	<input type="checkbox"/>	☹️ ☹️ 😐 😊 😊
6	TAKE A BREAK _____	<input type="checkbox"/>	<input type="checkbox"/>	☹️ ☹️ 😐 😊 😊
7	_____	<input type="checkbox"/>	<input type="checkbox"/>	☹️ ☹️ 😐 😊 😊
8	_____	<input type="checkbox"/>	<input type="checkbox"/>	☹️ ☹️ 😐 😊 😊
9	_____	<input type="checkbox"/>	<input type="checkbox"/>	☹️ ☹️ 😐 😊 😊
10	_____	<input type="checkbox"/>	<input type="checkbox"/>	☹️ ☹️ 😐 😊 😊
11	_____	<input type="checkbox"/>	<input type="checkbox"/>	☹️ ☹️ 😐 😊 😊
12	TAKE A BREAK _____	<input type="checkbox"/>	<input type="checkbox"/>	☹️ ☹️ 😐 😊 😊
13	_____	<input type="checkbox"/>	<input type="checkbox"/>	☹️ ☹️ 😐 😊 😊
14	_____	<input type="checkbox"/>	<input type="checkbox"/>	☹️ ☹️ 😐 😊 😊
15	_____	<input type="checkbox"/>	<input type="checkbox"/>	☹️ ☹️ 😐 😊 😊
16	_____	<input type="checkbox"/>	<input type="checkbox"/>	☹️ ☹️ 😐 😊 😊
17	_____	<input type="checkbox"/>	<input type="checkbox"/>	☹️ ☹️ 😐 😊 😊
18	TAKE A BREAK _____	<input type="checkbox"/>	<input type="checkbox"/>	☹️ ☹️ 😐 😊 😊
19	_____	<input type="checkbox"/>	<input type="checkbox"/>	☹️ ☹️ 😐 😊 😊
20	_____	<input type="checkbox"/>	<input type="checkbox"/>	☹️ ☹️ 😐 😊 😊
21	_____	<input type="checkbox"/>	<input type="checkbox"/>	☹️ ☹️ 😐 😊 😊
22	_____	<input type="checkbox"/>	<input type="checkbox"/>	☹️ ☹️ 😐 😊 😊
23	_____	<input type="checkbox"/>	<input type="checkbox"/>	☹️ ☹️ 😐 😊 😊



The date you're ending treatment

What do you notice that is different?
