



Welcome to Kivo

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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	Sleep
1		☐	☐	😊😊😊	😊😊😊
2		☐	☐	😊😊😊	😊😊😊
3		☐	☐	😊😊😊	😊😊😊
4		☐	☐	😊😊😊	😊😊😊
5		☐	☐	😊😊😊	😊😊😊
6	TAKE A BREAK	☐	☐	😊😊😊	😊😊😊
7		☐	☐	😊😊😊	😊😊😊
8		☐	☐	😊😊😊	😊😊😊
9		☐	☐	😊😊😊	😊😊😊
10		☐	☐	😊😊😊	😊😊😊
11		☐	☐	😊😊😊	😊😊😊
12	TAKE A BREAK	☐	☐	😊😊😊	😊😊😊
13		☐	☐	😊😊😊	😊😊😊
14		☐	☐	😊😊😊	😊😊😊
15		☐	☐	😊😊😊	😊😊😊
16		☐	☐	😊😊😊	😊😊😊
17		☐	☐	😊😊😊	😊😊😊
18	TAKE A BREAK	☐	☐	😊😊😊	😊😊😊
19		☐	☐	😊😊😊	😊😊😊
20		☐	☐	😊😊😊	😊😊😊
21		☐	☐	😊😊😊	😊😊😊
22		☐	☐	😊😊😊	😊😊😊
23		☐	☐	😊😊😊	😊😊😊



Kivo Wellness Scoring

Let's score how you feel over a 3 week period, and this is a good indicator to see if you're feeling better. Being aware that external things can happen to you over the 3 weeks of using light therapy, it's a good indicator if you feel this is working for you:

Using the calculation of a

☹ = 0 points
😊 = 1 point
😄 = 3 points

FEELING

SLEEP

Add the sum of the first 6 days

_____/18

_____/18

Add the sum of the next 7 to 12 days

_____/18

_____/18

Add the sum of the first 13 to 23 days

_____/18

_____/18

Did you notice a difference?

The date you're ending treatment

What do you notice that is different?
