ASEA®

DAILY ROUTINE : Week 9-12 Stay on track with your routine from morning to night



AM

Start the day with intention:

- Drink ASEA (90ml.)
- Apply REDOXGold or RENU28
- Remember to follow the steps your ASEA Brand Partner shared with you.
- Set one intention for the day



During the Day

Support your body and mind:

- Stay hydrated
- Eat balanced meals

Optional Bonus Activity

- Add 30 minutes of movement or mindfulness
(exercise, walking, stretching, or meditation)



PM

Close the day well:

- Drink ASEA (90 ml)
- Apply REDOXGold or RENU 28

Finish Your Day

- Take a moment for **reflection**
- Prioritise quality rest
- Notice your **energy and mindset**

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Weeks 9 - 12

Congratulations on making it to Week 9 of your Start Smart 90 journey. By staying consistent over the past 8 weeks, you've built strong daily habits, developed momentum, and laid the foundation for lasting results.

The final 4 weeks are where your commitment comes together. This is your opportunity to reflect on how far you've come, strengthen the habits you've created, and step confidently into the lifestyle you're building. Stay connected with your ASEA Brand Partner through your weekly check-ins, trust the routine you've established, and focus on finishing strong.

The first 8 weeks built the habit. The next 4 weeks help make it your lifestyle.



Weeks 9-11

What to do

Own Your Routine

Stay on track each day
Stay consistent with your daily Drink & Apply routine. Keep your routine simple, repeatable, and part of your day
Check in with yourself
Continue updating your **Lifestyle Log**
Notice how your energy, focus, and overall routine have evolved
Stay connected weekly
Share your progress with your ASEA Brand Partner weekly. Remember to reflect on how you feel today to Day 0.
Ask for support or guidance if needed

Acknowledge your consistency and wins so far

DAILY HABIT REMINDER

STEP INTO THE LIFESTYLE

Notice which habits have naturally stuck
Keep repeating what's working
This isn't just something you're doing—it's becoming your lifestyle.
Stay consistent, recognise your progress, and own your journey—this is where confidence and long-term habits are built.

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Week 12 – Transformational Milestone Moment

What to do
During your weekly check in with your ASEA Brand Partner:
Reflect on your journey
Re-rate all of your focus areas (1–5)
Compare how you feel today to Day 0
Reflect and share
What surprised you most about this journey?
What would you tell someone just starting?

Capture your results
Capture your **testimonial**
or personal reflection
Take a final photo

Week 13 onwards : Reset & repeat the "Drink & Apply" routine.

DAILY HABIT TIP

Milestone Mindset

You've built the habit—now you build from it.
This is where momentum turns into a lifestyle.
Continue your routine, stay connected, and keep building your results.

This is not the finish—it's your **foundation!**

Congratulations - You've completed your 90-day Smart Start challenge!

Joined between 1 June to 11 July – enjoy your FREE REDOX Gold with your 3rd subscription and 15% off your 4th qualifying subscription.

Joined from 12 July – 25 December – enjoy your FREE 2 bottles of ASEA with your 3rd qualifying subscription and stay on track for 3 more months to receive a FREE case of ASEA with your 6th qualifying subscription.

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