



DAILY ROUTINE : Week 5-8 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**

Weeks 5-8

CONGRATULATIONS – YOU'VE REACHED WEEK 5!

Congratulations on completing your first 4 weeks of the Start Smart 90 journey. By showing up consistently each day and staying connected with your ASEA Brand Partner, you've laid a strong foundation and taken the most important step—building the habit.

Now it's time to build momentum. Over the next 4 weeks, your daily actions begin to compound as you continue strengthening your routine, noticing meaningful changes, and building confidence in your experience. Keep showing up, stay connected through your weekly check-ins, and trust the process—the best is yet to come.



Weeks 5 -7

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

MINDSET MESSAGE

You're in the phase where most people fall off—**you're ahead**

Focus on **routine over motivation**

Keep it **simple and repeatable every day**

Consistency is what creates real, lasting change. Stay consistent, trust the process, and keep going—this is where momentum builds.

Week 8 – Milestone Moment Check in

What to do –

During your weekly 5 min check in with your ASEA Brand Partner:

Review and re-rate all your focus areas (1–5)

ASK: What has changed?

What would others notice about me right now?

Strengthen your routine

Revisit your daily routine and adjust if needed

Stay consistent with your product use

Capture your progress

Take your third photo

Reinforce your mindset

Reconnect with your **WHY**

Remember this is a **long-term lifestyle**

Celebrate how far you've come

DAILY HABIT TIP

Milestone Mindset

Keep showing up—you're in the phase where results become more visible.

You've done the work to get here—stay consistent and let your results continue to build.

Congratulations – Month 2 of your 90-day journey

You are on track to be rewarded at your 3rd milestone.

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.

Qualifying first order/subscription bundles:

- Deluxe Essential Subscription Bundle
- Gold Essential Subscription Bundle
- Essential Subscription Bundle
- A La Carte product to value of Essentials Bundle