



X₂O & LifeWave Daily Routine Tracker

Track your water routine, patches, and daily wellness observations.

💧 Use one line per day to record your X₂O habits, LifeWave patch use, and daily observations.

Day / Date	X ₂ O Water	Patch Name	Placement	Time On/Off	Sleep	Energy	Mood	Notes
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♥ Patterns I'm noticing

For personal tracking only. This sheet is for observation and organization, not medical advice.