

C60



POWER™

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30 DAY C60 CHALLENGE JOURNAL

Letter From Jess

Hello Friend,

Congratulations on making the decision to start your C60 Journey!

Sometimes just one small change in our daily habits can lead to the beginning of an amazing transformation.

At C60 Power, we've been honored to witness C60 positively impacting the lives of thousands. As a company, we'd made it our mission to educate consumers on the science behind C60, while also making it clear that it is not an all-encompassing instant fix.

C60 is not a drug. C60 is a powerful antioxidant that works best when used in conjunction with other healthy lifestyle choices such as: proper nutrition, eating organic when possible, getting regular exercise and quality sleep, breathing fresh air and frequent exposure to sunshine.

C60 works at the cellular level to lift the oxidative burden. It's characterized as a "free radical sponge" and helps to optimize mitochondrial efficiency.

As is true with most things, consistency is key. This is where our 30-day C60 challenge comes in!

We created this journal to be your companion for 30-days while you commit to consistently taking C60, journaling about the serving size and how you're feeling. We recommend incorporating C60 into your daily routine. It's as easy as adding a teaspoon a day of your favorite flavor to your coffee, tea, or smoothie in the morning, or taking it by itself.

Our hope is that this process will help you understand how your mind and body respond to C60 and you'll learn what works best for you.

So, let's get started by taking this first step together. I am so excited to start this new journey with you!



Cheers to you and your health!

Sincerely,

Jessica MacNaughton
Co-Founder & CEO
C60 Power

**EVERY JOURNEY
STARTS WITH
JUST ONE STEP.**



DAY ONE

MOOD
(CIRCLE ONE)



DATE	TIME OF DAY	C60 PRODUCT	SERVING SIZE
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HOW ARE YOU FEELING TODAY?

PAIN / INFLAMMATION

1 2 3 4 5 6 7 8 9 10

ENERGY / STAMINA

1 2 3 4 5 6 7 8 9 10

MENTAL CLARITY

1 2 3 4 5 6 7 8 9 10

OTHER: _____

1 2 3 4 5 6 7 8 9 10

ADDITIONAL NOTES: _____

DAY TWO

MOOD
(CIRCLE ONE)



DATE	TIME OF DAY	C60 PRODUCT	SERVING SIZE
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HOW ARE YOU FEELING TODAY?

PAIN / INFLAMMATION

1 2 3 4 5 6 7 8 9 10

ENERGY / STAMINA

1 2 3 4 5 6 7 8 9 10

MENTAL CLARITY

1 2 3 4 5 6 7 8 9 10

OTHER: _____

1 2 3 4 5 6 7 8 9 10

ADDITIONAL NOTES: _____

DAY THREE

MOOD
(CIRCLE ONE)



DATE	TIME OF DAY	C60 PRODUCT	SERVING SIZE
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HOW ARE YOU FEELING TODAY?

PAIN / INFLAMMATION

1 2 3 4 5 6 7 8 9 10

ENERGY / STAMINA

1 2 3 4 5 6 7 8 9 10

MENTAL CLARITY

1 2 3 4 5 6 7 8 9 10

OTHER: _____

1 2 3 4 5 6 7 8 9 10

ADDITIONAL NOTES: _____

DAY FOUR

MOOD
(CIRCLE ONE)



DATE	TIME OF DAY	C60 PRODUCT	SERVING SIZE
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HOW ARE YOU FEELING TODAY?

PAIN / INFLAMMATION

1 2 3 4 5 6 7 8 9 10

ENERGY / STAMINA

1 2 3 4 5 6 7 8 9 10

MENTAL CLARITY

1 2 3 4 5 6 7 8 9 10

OTHER: _____

1 2 3 4 5 6 7 8 9 10

ADDITIONAL NOTES: _____

Super Power Green Smoothie

This smoothie is a tropical twist on your classic green drink, packed with nutrients to fuel your day. Inspired by vacations to tropical locations like Hawaii, this smoothie is filled with vibrant veggies and fruits, healthy fats, powerful antioxidants from C60 Power's C60 in Organic Avocado Oil, and clean protein to support energy, recovery, and overall vitality.

Ingredients

- 1/2 ripe avocado
- 1 lime (juice)
- 1/2 cup fresh or frozen pineapple chunks
- 1 cup coconut water
- 1 handful fresh spinach
- 1 scoop vanilla protein powder (plant-based for V/PB)
- Ice cubes (optional if pineapple is fresh)

Optional garnish: lime wedge, shredded coconut



Instructions

1. Blend the greens:
2. Add the spinach, avocado, and coconut water to a high-speed blender. Blend until smooth to ensure the greens are fully incorporated.
3. Add the tropical goodness:
4. Add the pineapple chunks, lime juice, and vanilla protein powder to the blender. Blend again until creamy.
5. Adjust consistency:
6. Add ice cubes if you prefer a thicker, colder smoothie. Blend once more until smooth and frothy.
7. Serve and enjoy:
8. Pour into your favorite glass or to-go cup. Garnish with a lime wedge or a sprinkle of shredded coconut for an extra tropical touch.

DAY FIVE

MOOD
(CIRCLE ONE)



DATE	TIME OF DAY	C60 PRODUCT	SERVING SIZE
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HOW ARE YOU FEELING TODAY?

PAIN / INFLAMMATION

1 2 3 4 5 6 7 8 9 10

ENERGY / STAMINA

1 2 3 4 5 6 7 8 9 10

MENTAL CLARITY

1 2 3 4 5 6 7 8 9 10

OTHER: _____

1 2 3 4 5 6 7 8 9 10

ADDITIONAL NOTES: _____

DAY SIX

MOOD
(CIRCLE ONE)



DATE	TIME OF DAY	C60 PRODUCT	SERVING SIZE
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HOW ARE YOU FEELING TODAY?

PAIN / INFLAMMATION

1 2 3 4 5 6 7 8 9 10

ENERGY / STAMINA

1 2 3 4 5 6 7 8 9 10

MENTAL CLARITY

1 2 3 4 5 6 7 8 9 10

OTHER: _____

1 2 3 4 5 6 7 8 9 10

ADDITIONAL NOTES: _____

DAY SEVEN

MOOD
(CIRCLE ONE)



DATE	TIME OF DAY	C60 PRODUCT	SERVING SIZE
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HOW ARE YOU FEELING TODAY?

PAIN / INFLAMMATION

1 2 3 4 5 6 7 8 9 10

ENERGY / STAMINA

1 2 3 4 5 6 7 8 9 10

MENTAL CLARITY

1 2 3 4 5 6 7 8 9 10

OTHER: _____

1 2 3 4 5 6 7 8 9 10

ADDITIONAL NOTES: _____

DAY EIGHT

MOOD
(CIRCLE ONE)



DATE	TIME OF DAY	C60 PRODUCT	SERVING SIZE
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HOW ARE YOU FEELING TODAY?

PAIN / INFLAMMATION

1 2 3 4 5 6 7 8 9 10

ENERGY / STAMINA

1 2 3 4 5 6 7 8 9 10

MENTAL CLARITY

1 2 3 4 5 6 7 8 9 10

OTHER: _____

1 2 3 4 5 6 7 8 9 10

ADDITIONAL NOTES: _____

DAY NINE

MOOD
(CIRCLE ONE)



DATE	TIME OF DAY	C60 PRODUCT	SERVING SIZE
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HOW ARE YOU FEELING TODAY?

PAIN / INFLAMMATION

1 2 3 4 5 6 7 8 9 10

ENERGY / STAMINA

1 2 3 4 5 6 7 8 9 10

MENTAL CLARITY

1 2 3 4 5 6 7 8 9 10

OTHER: _____

1 2 3 4 5 6 7 8 9 10

ADDITIONAL NOTES: _____

DAY TEN

MOOD
(CIRCLE ONE)



DATE	TIME OF DAY	C60 PRODUCT	SERVING SIZE
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HOW ARE YOU FEELING TODAY?

PAIN / INFLAMMATION

1 2 3 4 5 6 7 8 9 10

ENERGY / STAMINA

1 2 3 4 5 6 7 8 9 10

MENTAL CLARITY

1 2 3 4 5 6 7 8 9 10

OTHER: _____

1 2 3 4 5 6 7 8 9 10

ADDITIONAL NOTES: _____

**IT'S THE DAILY
HABITS THAT
MAKE A REAL
DIFFERENCE.**



DAY ELEVEN

MOOD
(CIRCLE ONE)



DATE	TIME OF DAY	C60 PRODUCT	SERVING SIZE
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HOW ARE YOU FEELING TODAY?

PAIN / INFLAMMATION

1 2 3 4 5 6 7 8 9 10

ENERGY / STAMINA

1 2 3 4 5 6 7 8 9 10

MENTAL CLARITY

1 2 3 4 5 6 7 8 9 10

OTHER: _____

1 2 3 4 5 6 7 8 9 10

ADDITIONAL NOTES: _____

DAY TWELVE

MOOD
(CIRCLE ONE)



DATE	TIME OF DAY	C60 PRODUCT	SERVING SIZE
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HOW ARE YOU FEELING TODAY?

PAIN / INFLAMMATION

1 2 3 4 5 6 7 8 9 10

ENERGY / STAMINA

1 2 3 4 5 6 7 8 9 10

MENTAL CLARITY

1 2 3 4 5 6 7 8 9 10

OTHER: _____

1 2 3 4 5 6 7 8 9 10

ADDITIONAL NOTES: _____

DAY THIRTEEN

MOOD
(CIRCLE ONE)



DATE	TIME OF DAY	C60 PRODUCT	SERVING SIZE
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HOW ARE YOU FEELING TODAY?

PAIN / INFLAMMATION

1 2 3 4 5 6 7 8 9 10

ENERGY / STAMINA

1 2 3 4 5 6 7 8 9 10

MENTAL CLARITY

1 2 3 4 5 6 7 8 9 10

OTHER: _____

1 2 3 4 5 6 7 8 9 10

ADDITIONAL NOTES: _____

DAY FOURTEEN

MOOD
(CIRCLE ONE)



DATE	TIME OF DAY	C60 PRODUCT	SERVING SIZE
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HOW ARE YOU FEELING TODAY?

PAIN / INFLAMMATION

1 2 3 4 5 6 7 8 9 10

ENERGY / STAMINA

1 2 3 4 5 6 7 8 9 10

MENTAL CLARITY

1 2 3 4 5 6 7 8 9 10

OTHER: _____

1 2 3 4 5 6 7 8 9 10

ADDITIONAL NOTES: _____

DAY FIFTEEN

MOOD
(CIRCLE ONE)



DATE	TIME OF DAY	C60 PRODUCT	SERVING SIZE
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HOW ARE YOU FEELING TODAY?

PAIN / INFLAMMATION

1 2 3 4 5 6 7 8 9 10

ENERGY / STAMINA

1 2 3 4 5 6 7 8 9 10

MENTAL CLARITY

1 2 3 4 5 6 7 8 9 10

OTHER: _____

1 2 3 4 5 6 7 8 9 10

ADDITIONAL NOTES: _____

DAY SIXTEEN

MOOD
(CIRCLE ONE)



DATE	TIME OF DAY	C60 PRODUCT	SERVING SIZE
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HOW ARE YOU FEELING TODAY?

PAIN / INFLAMMATION

1 2 3 4 5 6 7 8 9 10

ENERGY / STAMINA

1 2 3 4 5 6 7 8 9 10

MENTAL CLARITY

1 2 3 4 5 6 7 8 9 10

OTHER: _____

1 2 3 4 5 6 7 8 9 10

ADDITIONAL NOTES: _____

Coconut Minty Hot Chocolate

Hot Cocoa is a family favorite anytime of year. This recipe is perfect for a warm, minty hot chocolate that packs the immune support and energy-boosting powers of C60.

Quick tip : Avoid seed oils and other nasty additives in many boxed coconut milk and use organic coconut milk in a can with no additives or preservatives.

Ingredients

- 8-oz Organic coconut milk from can (unsweetened or sweetened)
- 2 Tbsp Organic dark cocoa
- 2-4 drops peppermint extract or edible oil
- 1 Tbsp C60 in Organic MCT Coconut Oil

Instructions

1. In a small saucepan, warm the coconut milk over medium heat for 3 minutes. Do not boil.
2. Stir in the cocoa until combined and heat for 1 more minute stirring constantly
3. Remove from heat and stir in the peppermint oil, then drizzle the C60 in Organic MCT Coconut Oil on top when cooled enough to drink - OR - combine 1/2 tablespoon with 1/2 cup of heavy whipping cream to make the MCT Whipped Cream.



DAY SEVENTEEN

MOOD
(CIRCLE ONE)



DATE	TIME OF DAY	C60 PRODUCT	SERVING SIZE
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HOW ARE YOU FEELING TODAY?

PAIN / INFLAMMATION

1 2 3 4 5 6 7 8 9 10

ENERGY / STAMINA

1 2 3 4 5 6 7 8 9 10

MENTAL CLARITY

1 2 3 4 5 6 7 8 9 10

OTHER: _____

1 2 3 4 5 6 7 8 9 10

ADDITIONAL NOTES: _____

DAY EIGHTEEN

MOOD
(CIRCLE ONE)



DATE	TIME OF DAY	C60 PRODUCT	SERVING SIZE
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HOW ARE YOU FEELING TODAY?

PAIN / INFLAMMATION

1 2 3 4 5 6 7 8 9 10

ENERGY / STAMINA

1 2 3 4 5 6 7 8 9 10

MENTAL CLARITY

1 2 3 4 5 6 7 8 9 10

OTHER: _____

1 2 3 4 5 6 7 8 9 10

ADDITIONAL NOTES: _____

DAY NINETEEN

MOOD
(CIRCLE ONE)



DATE	TIME OF DAY	C60 PRODUCT	SERVING SIZE
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HOW ARE YOU FEELING TODAY?

PAIN / INFLAMMATION

1 2 3 4 5 6 7 8 9 10

ENERGY / STAMINA

1 2 3 4 5 6 7 8 9 10

MENTAL CLARITY

1 2 3 4 5 6 7 8 9 10

OTHER: _____

1 2 3 4 5 6 7 8 9 10

ADDITIONAL NOTES: _____

DAY TWENTY

MOOD
(CIRCLE ONE)



DATE	TIME OF DAY	C60 PRODUCT	SERVING SIZE
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HOW ARE YOU FEELING TODAY?

PAIN / INFLAMMATION

1 2 3 4 5 6 7 8 9 10

ENERGY / STAMINA

1 2 3 4 5 6 7 8 9 10

MENTAL CLARITY

1 2 3 4 5 6 7 8 9 10

OTHER: _____

1 2 3 4 5 6 7 8 9 10

ADDITIONAL NOTES: _____

DAY TWENTY-ONE

MOOD
(CIRCLE ONE)



DATE	TIME OF DAY	C60 PRODUCT	SERVING SIZE
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HOW ARE YOU FEELING TODAY?

PAIN / INFLAMMATION

1 2 3 4 5 6 7 8 9 10

ENERGY / STAMINA

1 2 3 4 5 6 7 8 9 10

MENTAL CLARITY

1 2 3 4 5 6 7 8 9 10

OTHER: _____

1 2 3 4 5 6 7 8 9 10

ADDITIONAL NOTES: _____

DAY TWENTY-TWO

MOOD
(CIRCLE ONE)



DATE	TIME OF DAY	C60 PRODUCT	SERVING SIZE
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HOW ARE YOU FEELING TODAY?

PAIN / INFLAMMATION

1 2 3 4 5 6 7 8 9 10

ENERGY / STAMINA

1 2 3 4 5 6 7 8 9 10

MENTAL CLARITY

1 2 3 4 5 6 7 8 9 10

OTHER: _____

1 2 3 4 5 6 7 8 9 10

ADDITIONAL NOTES: _____

DAY TWENTY-THREE

MOOD
(CIRCLE ONE)



DATE	TIME OF DAY	C60 PRODUCT	SERVING SIZE
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HOW ARE YOU FEELING TODAY?

PAIN / INFLAMMATION

1 2 3 4 5 6 7 8 9 10

ENERGY / STAMINA

1 2 3 4 5 6 7 8 9 10

MENTAL CLARITY

1 2 3 4 5 6 7 8 9 10

OTHER: _____

1 2 3 4 5 6 7 8 9 10

ADDITIONAL NOTES: _____

DAY TWENTY-FOUR

MOOD
(CIRCLE ONE)



DATE	TIME OF DAY	C60 PRODUCT	SERVING SIZE
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HOW ARE YOU FEELING TODAY?

PAIN / INFLAMMATION

1 2 3 4 5 6 7 8 9 10

ENERGY / STAMINA

1 2 3 4 5 6 7 8 9 10

MENTAL CLARITY

1 2 3 4 5 6 7 8 9 10

OTHER: _____

1 2 3 4 5 6 7 8 9 10

ADDITIONAL NOTES: _____

Cinnamon Golden Milk Boba

Cinnamon Golden Milk Boba is a fun, health-boosting twist on a classic bubble tea. It's perfect as a soothing treat or a nourishing pick-me-up! To get the most health benefits, you can use milk with calcium and vitamin D, and limit the amount of honey or syrup you add.

Allergy Info: GF, DF, V - Contains coconut. Do not use gummies if you are allergic to coconut, using blood thinners, or are pregnant or nursing.

Ingredients

- 2 cups unsweetened canned coconut milk
- 1 Tsp ground turmeric
- 1/2 Tsp ground ginger
- 1/2 Tsp ceylon cinnamon
- 1 Tbsp honey or maple syrup (optional)
- 1 Tbsp Cinnamon Flavored C60 in MCT Coconut Oil (added after cooling)
- 4 C60 Gummies, cut into small circles (for boba balls)



Instructions

1. Prepare the golden milk:
2. In a small saucepan, combine the coconut milk, turmeric, ginger, and ceylon cinnamon. Heat gently over low-medium heat until steaming but not boiling. Stir continuously to prevent scorching. Add honey or maple syrup if desired.
3. Cool and infuse:
4. Remove the golden milk from the heat and allow it to cool to room temperature. Once cooled, stir in the Cinnamon Flavored C60 in MCT Coconut Oil to preserve its health benefits.
5. Prepare the boba balls:
6. While the milk cools, cut the C60 gummies into small circles to resemble traditional boba balls.
7. Assemble the drink:
8. Divide the gummy "boba balls" between two glasses. Pour the cooled golden milk over the top. Add ice if you prefer your boba chilled.
9. Serve and enjoy:
10. Stir gently to distribute the boba balls and sip with a wide straw or spoon.

DAY TWENTY-FIVE

MOOD
(CIRCLE ONE)



DATE	TIME OF DAY	C60 PRODUCT	SERVING SIZE
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HOW ARE YOU FEELING TODAY?

PAIN / INFLAMMATION

1 2 3 4 5 6 7 8 9 10

ENERGY / STAMINA

1 2 3 4 5 6 7 8 9 10

MENTAL CLARITY

1 2 3 4 5 6 7 8 9 10

OTHER: _____

1 2 3 4 5 6 7 8 9 10

ADDITIONAL NOTES: _____

DAY TWENTY-SIX

MOOD
(CIRCLE ONE)



DATE	TIME OF DAY	C60 PRODUCT	SERVING SIZE
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HOW ARE YOU FEELING TODAY?

PAIN / INFLAMMATION

1 2 3 4 5 6 7 8 9 10

ENERGY / STAMINA

1 2 3 4 5 6 7 8 9 10

MENTAL CLARITY

1 2 3 4 5 6 7 8 9 10

OTHER: _____

1 2 3 4 5 6 7 8 9 10

ADDITIONAL NOTES: _____

DAY TWENTY-SEVEN

MOOD
(CIRCLE ONE)



DATE	TIME OF DAY	C60 PRODUCT	SERVING SIZE
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HOW ARE YOU FEELING TODAY?

PAIN / INFLAMMATION

1 2 3 4 5 6 7 8 9 10

ENERGY / STAMINA

1 2 3 4 5 6 7 8 9 10

MENTAL CLARITY

1 2 3 4 5 6 7 8 9 10

OTHER: _____

1 2 3 4 5 6 7 8 9 10

ADDITIONAL NOTES: _____

DAY TWENTY-EIGHT

MOOD
(CIRCLE ONE)



DATE	TIME OF DAY	C60 PRODUCT	SERVING SIZE
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HOW ARE YOU FEELING TODAY?

PAIN / INFLAMMATION

1 2 3 4 5 6 7 8 9 10

ENERGY / STAMINA

1 2 3 4 5 6 7 8 9 10

MENTAL CLARITY

1 2 3 4 5 6 7 8 9 10

OTHER: _____

1 2 3 4 5 6 7 8 9 10

ADDITIONAL NOTES: _____

DAY TWENTY-NINE

MOOD
(CIRCLE ONE)



DATE	TIME OF DAY	C60 PRODUCT	SERVING SIZE
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HOW ARE YOU FEELING TODAY?

PAIN / INFLAMMATION

1 2 3 4 5 6 7 8 9 10

ENERGY / STAMINA

1 2 3 4 5 6 7 8 9 10

MENTAL CLARITY

1 2 3 4 5 6 7 8 9 10

OTHER: _____

1 2 3 4 5 6 7 8 9 10

ADDITIONAL NOTES: _____

DAY THIRTY

MOOD
(CIRCLE ONE)



DATE	TIME OF DAY	C60 PRODUCT	SERVING SIZE
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HOW ARE YOU FEELING TODAY?

PAIN / INFLAMMATION

1 2 3 4 5 6 7 8 9 10

ENERGY / STAMINA

1 2 3 4 5 6 7 8 9 10

MENTAL CLARITY

1 2 3 4 5 6 7 8 9 10

OTHER: _____

1 2 3 4 5 6 7 8 9 10

ADDITIONAL NOTES: _____



**START YOUR DAY
WITH A COMMITMENT
TO YOURSELF.**

[illegible]



@c60power

Congrats on finishing the
30-day C60 Challenge! Please tag us
on social & let us know how it went!



www.shopc60.com