

ProstaPhase – Tango Advanced Nutrition

Weekly Progress Diary for the Week Ending: _____

Complete this Progress Diary each Sunday and return to the PAF at the address listed below in Monday's mail each week. Please include your return address on the outside of the envelope. You must be current with your Progress Diary to receive additional ProstaPhase for the study/trial.

Name: _____ **Phone #:** _____

Using a scale rating from 1-10, where 1 is the least (i.e. no urgency, no straining) and 10 is most severe (i.e. great urgency, significant straining).

Weak urinary stream: _____

Prolonged emptying of bladder: _____

Abdominal straining: _____

Hesitancy: _____

Irregular need to urinate: _____

Incomplete bladder emptying: _____

Post-urination dribble: _____

Irritation during urination: _____

Frequent urination:

Number of times during the day: _____

Number of times during the night: _____

Urgency: _____

Incontinence (involuntary leakage of urine): _____

Bladder pain: _____

Dysuria (painful urination): _____

Problems in ejaculation: _____

Other information you might think is important and that you would like to share:

Confidentiality: *Please be assured that this form is strictly confidential. The information provided is only for internal tracking and production evaluation purposes. At no time will your personal information be divulged to other parties or revealed to any staff members. Upon completion of the study all personal information will be purged from PAF files to insure your complete privacy.*

Please Note:

If you have questions regarding this survey please contact Ken Malik at 415-675-5661

If you have any questions regarding the use of the *ProstaPhase* formula please contact John Steinke at 866-778-2646, ext 6.

Please return this Progress Diary questionnaire by mail to: Prostate Awareness Foundation, Attn: Ken Malik, PO Box # 2934, Santa Rosa, CA 95409

Or by email to kamalik@prostateawarenessfoundation.org

Product Replenishment: You must be current with your Weekly Progress Diary to obtain more product. You must call or email Ken Malik at the PAF and confirm that you are current with your Weekly Diary. Product replenishment will take place every forty days which is the time it will take to go thru two bottles of 120 capsules each. You can arrange to have the product shipped direct or you and arrange with Ken to pick-up additional product at the PAF office in Santa Rosa. You must speak with Ken before getting new product. No exceptions.



Prostate Awareness Foundation

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415-675-5661

www.prostateawarenessfoundation.org