



2.2 Oxygen & Water Worksheet

Oxygen

1. What are some ways that you like to get in nature (gardening can be included)? How often do you get in nature?
2. How does it make you feel when you are in nature?
3. Do you have an air filter in your house, car, work, and/or any other area you spend time at? If so, what kind? If not, then write down what filter you would like to get.
4. Do you notice any musty, moldy and/or chemical smells in any area that you spend time in? It may be time to investigate if there is an issue there.
5. What oxygen rich foods do you incorporate or would like to?

Water

1. How much water do you drink every day?
2. How do you filter your water?
3. Have you started adding the BioActive Carbon Minerals to your water? If yes, do you feel more hydrated?