

# OUR #1 RECOMMENDATION



# the 24 DAY CHALLENGE

Lean Out and Tone Up

## START

Date \_\_\_\_\_ Weight \_\_\_\_\_

- Right Arm \_\_\_\_\_
- Shoulders \_\_\_\_\_
- Chest \_\_\_\_\_
- Waist \_\_\_\_\_
- Hips \_\_\_\_\_
- Right Thigh \_\_\_\_\_
- Right Calf \_\_\_\_\_
- TOTAL \_\_\_\_\_

## FINISH

Date \_\_\_\_\_ Weight \_\_\_\_\_

- Right Arm \_\_\_\_\_
- Shoulders \_\_\_\_\_
- Chest \_\_\_\_\_
- Waist \_\_\_\_\_
- Hips \_\_\_\_\_
- Right Thigh \_\_\_\_\_
- Right Calf \_\_\_\_\_
- TOTAL \_\_\_\_\_

Goal \_\_\_\_\_

Accountability Partner \_\_\_\_\_

## Your 24 Day Program Breakdown

### Days 1-10: Cleanse Pack ★



Herbal Cleanse: Internal cleansing & increased nutrient absorption

OmegaPlex: Essential fatty acids for increased overall wellness

Spark: Sugar-free energy with mental focus and clarity



### Days 11-24: MAX Pack

Metabolic Nutrition System (MNS): Our top selling nutritional that does it all.

Each strip pack includes probiotics, appetite control, energy, core nutrition, omega 3's, and more.

Choose Your MNS:



MNS RATINGS SCALE	MNS MAX E	MNS MAX C	MNS MAX 3
Energy	10	8	6
Appetite Control	8	10	6
Wellness	6	6	10



Spark: Sugar-free energy with mental focus and clarity

Meal Replacement Shakes: High protein meal that nourishes muscle & supports metabolism



Price Per Day:	Retail	20% Disc	40% Disc.
	\$7.51	\$6.00	\$4.50