



# challenge

Lean Out and Tone Up

# the 24 DAY CHALLENGE

## 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

S A T I S F A C T I O N ★ G U A R A N T E E D

### 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

