



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

SATISFACTION ★ GUARANTEED

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



Where to Measure

CHEST: The widest part of the chest

ARM: Midway between the shoulder and elbow

WAIST: The narrowest part of the torso, usually below the chest and above the belly button

ABDOMEN: Level with the belly button

HIPS: The widest part of the hip or buttocks region

THIGH: The widest part of each thigh, with legs standing slightly apart

