

# Fitness Tracker | Phase One



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	<b>1</b> <b>Melt 1</b> What level did I perform today? <input type="checkbox"/> Beginner <input type="checkbox"/> Intermediate <input type="checkbox"/> Advanced <b>ASSESSMENT 1</b> <input type="checkbox"/> Baseline Photo <input type="checkbox"/> Push ups test	<b>2</b> <b>Core Stretch</b> What level did I perform today? <input type="checkbox"/> Beginner <input type="checkbox"/> Intermediate <input type="checkbox"/> Advanced	<b>3</b> <b>Sculpt 1</b> What level did I perform today? <input type="checkbox"/> Beginner <input type="checkbox"/> Intermediate <input type="checkbox"/> Advanced	<b>4</b> <b>Core Stretch</b> What level did I perform today? <input type="checkbox"/> Beginner <input type="checkbox"/> Intermediate <input type="checkbox"/> Advanced	<b>5</b> <b>Shred 1</b> What level did I perform today? <input type="checkbox"/> Beginner <input type="checkbox"/> Intermediate <input type="checkbox"/> Advanced	<b>6</b> <b>REST or Optional Workout</b> What level did I perform today? <input type="checkbox"/> Beginner <input type="checkbox"/> Intermediate <input type="checkbox"/> Advanced	
<b>7</b> <b>REST or Optional Workout</b> What level did I perform today? <input type="checkbox"/> Beginner <input type="checkbox"/> Intermediate <input type="checkbox"/> Advanced	<b>8</b> <b>Melt 1</b> What level did I perform today? <input type="checkbox"/> Beginner <input type="checkbox"/> Intermediate <input type="checkbox"/> Advanced	<b>9</b> <b>Core Stretch</b> What level did I perform today? <input type="checkbox"/> Beginner <input type="checkbox"/> Intermediate <input type="checkbox"/> Advanced	<b>10</b> <b>Sculpt 1</b> What level did I perform today? <input type="checkbox"/> Beginner <input type="checkbox"/> Intermediate <input type="checkbox"/> Advanced	<b>11</b> <b>Core Stretch</b> What level did I perform today? <input type="checkbox"/> Beginner <input type="checkbox"/> Intermediate <input type="checkbox"/> Advanced	<b>12</b> <b>Shred 1</b> What level did I perform today? <input type="checkbox"/> Beginner <input type="checkbox"/> Intermediate <input type="checkbox"/> Advanced	<b>13</b> <b>REST or Optional Workout</b> What level did I perform today? <input type="checkbox"/> Beginner <input type="checkbox"/> Intermediate <input type="checkbox"/> Advanced	
<b>14</b> <b>REST or Optional Workout</b> What level did I perform today? <input type="checkbox"/> Beginner <input type="checkbox"/> Intermediate <input type="checkbox"/> Advanced	<b>15</b> <b>Melt 1</b> What level did I perform today? <input type="checkbox"/> Beginner <input type="checkbox"/> Intermediate <input type="checkbox"/> Advanced	<b>16</b> <b>Core Stretch</b> What level did I perform today? <input type="checkbox"/> Beginner <input type="checkbox"/> Intermediate <input type="checkbox"/> Advanced	<b>17</b> <b>Sculpt 1</b> What level did I perform today? <input type="checkbox"/> Beginner <input type="checkbox"/> Intermediate <input type="checkbox"/> Advanced	<b>18</b> <b>Core Stretch</b> What level did I perform today? <input type="checkbox"/> Beginner <input type="checkbox"/> Intermediate <input type="checkbox"/> Advanced	<b>19</b> <b>Shred 1</b> What level did I perform today? <input type="checkbox"/> Beginner <input type="checkbox"/> Intermediate <input type="checkbox"/> Advanced	<b>20</b> <b>REST or Optional Workout</b> What level did I perform today? <input type="checkbox"/> Beginner <input type="checkbox"/> Intermediate <input type="checkbox"/> Advanced	
<b>21</b> <b>REST or Optional Workout</b> What level did I perform today? <input type="checkbox"/> Beginner <input type="checkbox"/> Intermediate <input type="checkbox"/> Advanced	<b>22</b> <b>Melt 1</b> What level did I perform today? <input type="checkbox"/> Beginner <input type="checkbox"/> Intermediate <input type="checkbox"/> Advanced	<b>23</b> <b>Core Stretch</b> What level did I perform today? <input type="checkbox"/> Beginner <input type="checkbox"/> Intermediate <input type="checkbox"/> Advanced	<b>24</b> <b>Sculpt 2</b> What level did I perform today? <input type="checkbox"/> Beginner <input type="checkbox"/> Intermediate <input type="checkbox"/> Advanced <b>ASSESSMENT 2</b> <input type="checkbox"/> Baseline Photo <input type="checkbox"/> Push ups test				



# Fitness Tracker | Phase Two



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				<b>1</b> <b>Core Stretch</b> What level did I perform today? <input type="checkbox"/> Beginner <input type="checkbox"/> Intermediate <input type="checkbox"/> Advanced	<b>2</b> <b>Shred 1</b> What level did I perform today? <input type="checkbox"/> Beginner <input type="checkbox"/> Intermediate <input type="checkbox"/> Advanced	<b>3</b> <b>REST or</b> <b>Optional Workout</b> What level did I perform today? <input type="checkbox"/> Beginner <input type="checkbox"/> Intermediate <input type="checkbox"/> Advanced
<b>4</b> <b>REST or</b> <b>Optional Workout</b> What level did I perform today? <input type="checkbox"/> Beginner <input type="checkbox"/> Intermediate <input type="checkbox"/> Advanced	<b>5</b> <b>Melt 1</b> What level did I perform today? <input type="checkbox"/> Beginner <input type="checkbox"/> Intermediate <input type="checkbox"/> Advanced	<b>6</b> <b>Core Stretch</b> What level did I perform today? <input type="checkbox"/> Beginner <input type="checkbox"/> Intermediate <input type="checkbox"/> Advanced	<b>7</b> <b>Sculpt 2</b> What level did I perform today? <input type="checkbox"/> Beginner <input type="checkbox"/> Intermediate <input type="checkbox"/> Advanced	<b>8</b> <b>Core Stretch</b> What level did I perform today? <input type="checkbox"/> Beginner <input type="checkbox"/> Intermediate <input type="checkbox"/> Advanced	<b>9</b> <b>Shred 1</b> What level did I perform today? <input type="checkbox"/> Beginner <input type="checkbox"/> Intermediate <input type="checkbox"/> Advanced	<b>10</b> <b>REST or</b> <b>Optional Workout</b> What level did I perform today? <input type="checkbox"/> Beginner <input type="checkbox"/> Intermediate <input type="checkbox"/> Advanced
<b>11</b> <b>REST or</b> <b>Optional Workout</b> What level did I perform today? <input type="checkbox"/> Beginner <input type="checkbox"/> Intermediate <input type="checkbox"/> Advanced	<b>12</b> <b>Melt 1</b> What level did I perform today? <input type="checkbox"/> Beginner <input type="checkbox"/> Intermediate <input type="checkbox"/> Advanced	<b>13</b> <b>Core Stretch</b> What level did I perform today? <input type="checkbox"/> Beginner <input type="checkbox"/> Intermediate <input type="checkbox"/> Advanced	<b>14</b> <b>Sculpt 2</b> What level did I perform today? <input type="checkbox"/> Beginner <input type="checkbox"/> Intermediate <input type="checkbox"/> Advanced	<b>15</b> <b>Core Stretch</b> What level did I perform today? <input type="checkbox"/> Beginner <input type="checkbox"/> Intermediate <input type="checkbox"/> Advanced	<b>16</b> <b>Shred 1</b> What level did I perform today? <input type="checkbox"/> Beginner <input type="checkbox"/> Intermediate <input type="checkbox"/> Advanced	<b>17</b> <b>REST or</b> <b>Optional Workout</b> What level did I perform today? <input type="checkbox"/> Beginner <input type="checkbox"/> Intermediate <input type="checkbox"/> Advanced
<b>18</b> <b>REST or</b> <b>Optional Workout</b> What level did I perform today? <input type="checkbox"/> Beginner <input type="checkbox"/> Intermediate <input type="checkbox"/> Advanced	<b>19</b> <b>Melt 2</b> What level did I perform today? <input type="checkbox"/> Beginner <input type="checkbox"/> Intermediate <input type="checkbox"/> Advanced	<b>20</b> <b>Core Stretch</b> What level did I perform today? <input type="checkbox"/> Beginner <input type="checkbox"/> Intermediate <input type="checkbox"/> Advanced	<b>21</b> <b>Sculpt 1</b> What level did I perform today? <input type="checkbox"/> Beginner <input type="checkbox"/> Intermediate <input type="checkbox"/> Advanced	<b>22</b> <b>Core Stretch</b> What level did I perform today? <input type="checkbox"/> Beginner <input type="checkbox"/> Intermediate <input type="checkbox"/> Advanced	<b>23</b> <b>Shred 2</b> What level did I perform today? <input type="checkbox"/> Beginner <input type="checkbox"/> Intermediate <input type="checkbox"/> Advanced	<b>24</b> <b>REST or</b> <b>Optional Workout</b> What level did I perform today? <input type="checkbox"/> Beginner <input type="checkbox"/> Intermediate <input type="checkbox"/> Advanced  <b>ASSESSMENT 3</b> <input type="checkbox"/> Progress Photo <input type="checkbox"/> Push ups test



# Fitness Tracker | Phase Three



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b> <b>REST or</b> <b>Optional Workout</b> What level did I perform today? <input type="checkbox"/> Beginner <input type="checkbox"/> Intermediate <input type="checkbox"/> Advanced	<b>2</b> <b>Melt 2</b> What level did I perform today? <input type="checkbox"/> Beginner <input type="checkbox"/> Intermediate <input type="checkbox"/> Advanced	<b>3</b> <b>Core Stretch</b> What level did I perform today? <input type="checkbox"/> Beginner <input type="checkbox"/> Intermediate <input type="checkbox"/> Advanced	<b>4</b> <b>Sculpt 1</b> What level did I perform today? <input type="checkbox"/> Beginner <input type="checkbox"/> Intermediate <input type="checkbox"/> Advanced	<b>5</b> <b>Core Stretch</b> What level did I perform today? <input type="checkbox"/> Beginner <input type="checkbox"/> Intermediate <input type="checkbox"/> Advanced	<b>6</b> <b>Shred 2</b> What level did I perform today? <input type="checkbox"/> Beginner <input type="checkbox"/> Intermediate <input type="checkbox"/> Advanced	<b>7</b> <b>REST or</b> <b>Optional Workout</b> What level did I perform today? <input type="checkbox"/> Beginner <input type="checkbox"/> Intermediate <input type="checkbox"/> Advanced
<b>8</b> <b>REST or</b> <b>Optional Workout</b> What level did I perform today? <input type="checkbox"/> Beginner <input type="checkbox"/> Intermediate <input type="checkbox"/> Advanced	<b>9</b> <b>Melt 2</b> What level did I perform today? <input type="checkbox"/> Beginner <input type="checkbox"/> Intermediate <input type="checkbox"/> Advanced	<b>10</b> <b>Core Stretch</b> What level did I perform today? <input type="checkbox"/> Beginner <input type="checkbox"/> Intermediate <input type="checkbox"/> Advanced	<b>11</b> <b>Sculpt 1</b> What level did I perform today? <input type="checkbox"/> Beginner <input type="checkbox"/> Intermediate <input type="checkbox"/> Advanced	<b>12</b> <b>Core Stretch</b> What level did I perform today? <input type="checkbox"/> Beginner <input type="checkbox"/> Intermediate <input type="checkbox"/> Advanced	<b>13</b> <b>Shred 2</b> What level did I perform today? <input type="checkbox"/> Beginner <input type="checkbox"/> Intermediate <input type="checkbox"/> Advanced	<b>14</b> <b>REST or</b> <b>Optional Workout</b> What level did I perform today? <input type="checkbox"/> Beginner <input type="checkbox"/> Intermediate <input type="checkbox"/> Advanced
<b>15</b> <b>REST or</b> <b>Optional Workout</b> What level did I perform today? <input type="checkbox"/> Beginner <input type="checkbox"/> Intermediate <input type="checkbox"/> Advanced	<b>16</b> <b>Melt 2</b> What level did I perform today? <input type="checkbox"/> Beginner <input type="checkbox"/> Intermediate <input type="checkbox"/> Advanced	<b>17</b> <b>Core Stretch</b> What level did I perform today? <input type="checkbox"/> Beginner <input type="checkbox"/> Intermediate <input type="checkbox"/> Advanced	<b>18</b> <b>Sculpt 2</b> What level did I perform today? <input type="checkbox"/> Beginner <input type="checkbox"/> Intermediate <input type="checkbox"/> Advanced	<b>19</b> <b>Core Stretch</b> What level did I perform today? <input type="checkbox"/> Beginner <input type="checkbox"/> Intermediate <input type="checkbox"/> Advanced	<b>20</b> <b>Shred 2</b> What level did I perform today? <input type="checkbox"/> Beginner <input type="checkbox"/> Intermediate <input type="checkbox"/> Advanced	<b>21</b> <b>REST or</b> <b>Optional Workout</b> What level did I perform today? <input type="checkbox"/> Beginner <input type="checkbox"/> Intermediate <input type="checkbox"/> Advanced
<b>22</b> <b>REST or</b> <b>Optional Workout</b> What level did I perform today? <input type="checkbox"/> Beginner <input type="checkbox"/> Intermediate <input type="checkbox"/> Advanced	<b>23</b> <b>Melt 2</b> What level did I perform today? <input type="checkbox"/> Beginner <input type="checkbox"/> Intermediate <input type="checkbox"/> Advanced	<b>24</b> <b>Core Stretch</b> What level did I perform today? <input type="checkbox"/> Beginner <input type="checkbox"/> Intermediate <input type="checkbox"/> Advanced  <b>ASSESSMENT 4</b> <input type="checkbox"/> Progress Photo <input type="checkbox"/> Push ups test				



# Fitness Assessment

Track your results throughout your workouts with this quick and easy evaluation.  
Assessment days are marked in red on the Fitness Tracker.

*INSTRUCTIONS: Rate the following FEEL BETTER questions on a scale of 1 - 5, with 5 being the best.*

## HOW DO YOU FEEL?

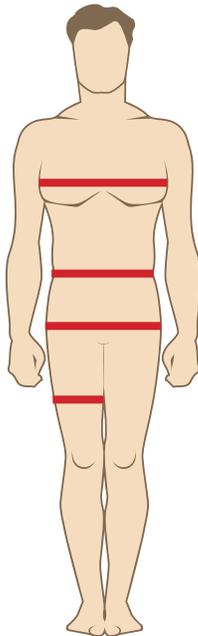
How is your overall daily energy level?

How well do you sleep?

How is your overall feeling of wellness?

Date _____ ASSESSMENT <b>1</b>	Date _____ ASSESSMENT <b>2</b>	Date _____ ASSESSMENT <b>3</b>	Date _____ ASSESSMENT <b>4</b>

## HOW DO YOU LOOK?



Chest

Waist

Hips

Thigh

Date _____ ASSESSMENT <b>1</b>	Date _____ ASSESSMENT <b>2</b>	Date _____ ASSESSMENT <b>3</b>	Date _____ ASSESSMENT <b>4</b>
Take 2 photos: profile and facing forward.			

*Be sure to take your measurements on the same side and in the same place each time.*

### MEASUREMENT GUIDELINES:

**Chest** - measure at the center of your sternum over/around your chest.

**Waist** - measure approximately 2 inches above your hip bone.

**Hips** - measure at the widest part around your hips.

**Thigh** - measure approximately 6 inches above the top of your kneecap.

## HOW DO YOU PERFORM?

For a simple test of strength and endurance, count the number of push ups you can perform in 24 seconds.

Date _____ ASSESSMENT <b>1</b>	Date _____ ASSESSMENT <b>2</b>	Date _____ ASSESSMENT <b>3</b>	Date _____ ASSESSMENT <b>4</b>



## Each 24-Day Challenge Bundle includes:

- One box of Herbal Cleanse - Citrus
- One bottle of OmegaPlex®
- One box of AdvoCare Spark® - Mandarin Orange
- One box of AdvoCare Spark® - Fruit Punch
- Your choice of one box of Meal Replacement Shakes - Chocolate Mocha, Chocolate, Vanilla or Berry
- Your choice of one box of MNS® Max 3, Max C or Max E

## Days 1 - 10 Cleanse Phase:

The first ten days are about cleansing your body of toxins and preparing for optimal nutrient absorption, and you may enjoy weight loss as well!\*

- **Herbal Cleanse** - helps to cleanse and detoxify your body.\*
- **OmegaPlex**® - essential fatty acids for increased overall wellness.\*
- **AdvoCare Spark**® - nutritionally-advanced energy.\*

## Days 11 - 24 Max Phase:

Give your body the best tools to achieve your next weight management goal during days 11 - 24!\*

- **Metabolic Nutrition System (MNS®)** - Your choice of Max C+ (appetite control), Max E+ (energy) or Max 3 - for weight management, appetite control and overall wellness.\*
- **Meal Replacement Shake** - complete nutrition in a great-tasting shake!
- **AdvoCare Spark**® - nutritionally-advanced energy.\*

## These companion products can also be taken during the 24-Day Challenge.

- **Carb-Ease Plus** - helps inhibit the breakdown of carbohydrates and fats, encourages fat metabolism, and supports overall body composition.\*
- **Catalyst™** - branch-chain amino acids for muscle tone and definition\*
- **ThermoPlus** - contains sage and oolong tea extracts plus nutritional support to stimulate your metabolism and help you use the calories you consume more efficiently.\*

\* Compared to MNS® Max 3

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.