

Fitness Tracker | Phase One



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

Fitness Tracker | Phase Two



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

ADVOCARE®

Fitness Tracker | Phase Three



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

ADVOCARE

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?

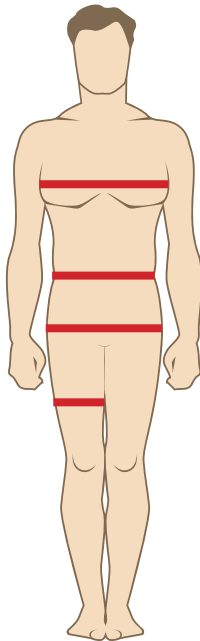
How is your overall daily energy level?

How well do you sleep?

How is your overall feeling of wellness?

Date _____ ASSESSMENT 1	Date _____ ASSESSMENT 2	Date _____ ASSESSMENT 3	Date _____ ASSESSMENT 4

HOW DO YOU LOOK?



Chest

Waist

Hips

Thigh

Date _____ ASSESSMENT 1	Date _____ ASSESSMENT 2	Date _____ ASSESSMENT 3	Date _____ ASSESSMENT 4
Take 2 photos: profile and facing forward.	Take 2 photos: profile and facing forward.	Take 2 photos: profile and facing forward.	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 1	Date _____ ASSESSMENT 2	Date _____ ASSESSMENT 3	Date _____ ASSESSMENT 4



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.

ADVO CARE®