TOTAL LIFE CHANGES®
HOME OF
THE 15 DAY CHALLENGE™

3 STEPS. 15 DAYS. A TOTAL LIFE CHANGE.

PRODUCTS

Nurture, energize and purify your potential.

HYDRATION

Drink your recommended daily requirement of water.

MOVE MORE

We recommend 30 minutes of exercise daily.

LIFESTYLE CHECKLIST

Welcome to your Lifestyle Checklist! This tool serves as your health and wellness partner, guiding you toward consistency. At the end of each day, check off the steps that you completed!

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14	Day 15
Take Products	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Drink Water	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Move For 30 Minutes	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○