



1.

2.

3.

THINGS I PLAN ON DOING TO MAKE THESE 15 DAYS GREAT

AT HOME:

AT WORK:

WITH FAMILY & FRIENDS:

IN MY RELATIONSHIPS:

BIG WINS DURING THIS CHALLENGE

CELEBRATE!

10

10

1

1

STAYED ON TRACK: Y N

PROGRESS:

STAYED ON TRACK: Y N

PROGRESS:

STAYED ON TRACK: Y N

PROGRESS:



TOTAL LIFE CHANGES®
HOME OF

THE 15 DAY CHALLENGE™

WATER	Y	N
30 MIN OF EXERCISE	Y	N
NRG	Y	N
NUTRABURST	Y	N
IASO TEA	Y	N

NOTES:

WATER	Y	N
30 MIN OF EXERCISE	Y	N
NRG	Y	N
NUTRABURST	Y	N
IASO TEA	Y	N

NOTES:

WATER	Y	N
30 MIN OF EXERCISE	Y	N
NRG	Y	N
NUTRABURST	Y	N
IASO TEA	Y	N

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WATER	Y	N
30 MIN OF EXERCISE	Y	N
NRG	Y	N
NUTRABURST	Y	N
IASO TEA	Y	N

NOTES:

WATER	Y	N
30 MIN OF EXERCISE	Y	N
NRG	Y	N
NUTRABURST	Y	N
IASO TEA	Y	N

NOTES:

5 DAY RECAP:

[illegible]



TOTAL LIFE CHANGES®
HOME OF

[illegible]



TOTAL LIFE CHANGES®
HOME OF

[illegible]