

OUR #1 RECOMMENDATION



challenge the 24 DAY CHALLENGE

Lean Out and Tone Up

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

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



Price Per Day: Retail \$7.51 20% Disc \$6.00 40% Disc. \$4.50

This program is created by AdvoCare Independent Distributors and is not offered through AdvoCare corporate. Please consult your health care provider before making any dietary or fitness modifications.