



# challenge

Lean Out and Tone Up

# the 24 DAY CHALLENGE

Name \_\_\_\_\_

## START

Date \_\_\_\_\_

Weight \_\_\_\_\_

Bodyfat % \_\_\_\_\_

Jean Size \_\_\_\_\_

### Measurements (inches)

Neck \_\_\_\_\_

Shoulders \_\_\_\_\_

Chest \_\_\_\_\_

Arms (R) \_\_\_\_\_ (L) \_\_\_\_\_

Waist \_\_\_\_\_

Hips \_\_\_\_\_

Thighs (R) \_\_\_\_\_ (L) \_\_\_\_\_

Calves (R) \_\_\_\_\_ (L) \_\_\_\_\_

TOTAL \_\_\_\_\_

## FINISH

Date \_\_\_\_\_

Weight \_\_\_\_\_

Bodyfat % \_\_\_\_\_

Jean Size \_\_\_\_\_

### Measurements (inches)

Neck \_\_\_\_\_

Shoulders \_\_\_\_\_

Chest \_\_\_\_\_

Arms (R) \_\_\_\_\_ (L) \_\_\_\_\_

Waist \_\_\_\_\_

Hips \_\_\_\_\_

Thighs (R) \_\_\_\_\_ (L) \_\_\_\_\_

Calves (R) \_\_\_\_\_ (L) \_\_\_\_\_

TOTAL \_\_\_\_\_

## TOTAL CHANGES

Weight \_\_\_\_\_

Bodyfat % \_\_\_\_\_

Jean Size \_\_\_\_\_

### Measurements (inches)

Neck \_\_\_\_\_

Shoulders \_\_\_\_\_

Chest \_\_\_\_\_

Arms (R) \_\_\_\_\_ (L) \_\_\_\_\_

Waist \_\_\_\_\_

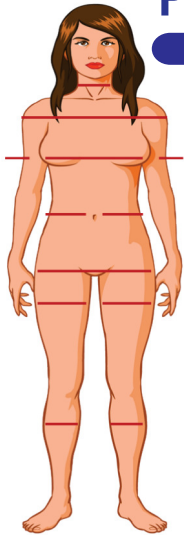
Hips \_\_\_\_\_

Thighs (R) \_\_\_\_\_ (L) \_\_\_\_\_

Calves (R) \_\_\_\_\_ (L) \_\_\_\_\_

TOTAL \_\_\_\_\_

## PROGRESS TRACKING: Where to Measure



### Before/After Pictures

Ladies: Sports bra/spandex shorts or swimsuit  
Guys: Board shorts/shirt off

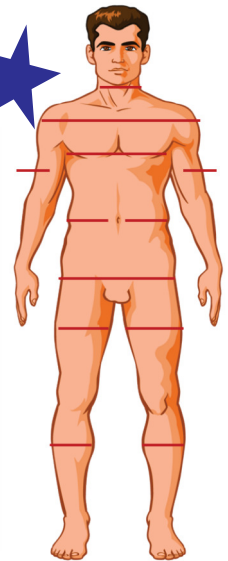
### Inches - Measurements

Neck: 1/2 way between chin & collar bone  
Shoulders: widest point  
Chest: arms relaxed at sides  
Waist: belly button level  
Hips: widest point/feet together  
Thighs: widest point  
Calves: widest point  
Arms: 1/2 way between shoulder & elbow

### Jean Size

### Weight

### BodyFat % (optional)



### 24-Day Challenge Standard Product Bundle



#### Herbal Cleanse

Metabolic cleansing and detoxification system removes waste and toxins.



#### Meal Replacement

High-protein shake nourishes your muscles and supports increased metabolism.



#### MNS (Max E, C, 3)

Complete nutrition system provides vitamins, minerals, omega-3's, and probiotics.



#### Spark (2 boxes)

Sugar-free nutritional drink provides long-lasting energy and mental focus.



#### OmegaPlex

Essential fatty acids for increased wellness and decreased inflammation.



#### Catalyst

Supports increased muscle tone during calorie restriction and exercise.



#### LeptiLean

Promotes a feeling of fullness, controls appetite, and increases metabolism.

### "Ultimate" Add-Ons



# cleanse 10-DAY CLEANSE PHASE

24-Day Challenge: Step 1  
10 Day Cleansing Instructions and Guidelines

## AdvoCare Cleanse Phase Components

HERBAL CLEANSE



SPARK



OMEGAPLEX



## 10 Tips for Cleansing Success

### Dietary suggestions that may enhance your results:

#### Eat More:

- 1 Veggies: salads during the day and steamed at night will scrub your system
- 2 Fruit: fibrous and low glycemic choices (apples, grapefruit, berries)
- 3 Healthy Fats: avocado, nuts/seeds, olives/olive oil
- 4 Clean Proteins: feed muscle and reduce appetite (tuna and salmon will aid in cleansing; eggs/chicken/beef would be secondary options; stay away from processed lunch meats)
- 5 Clean Complex Carbs: rice, hummus, oatmeal

#### Avoid or Minimize:

- 6 Fried foods, refined sugars, corn or white starches, or bread
- 7 Wheat products: bread, crackers, etc.
- 8 Dairy: cheese, yogurt, milk, white sauces or dressing
- 9 Alcohol: you're on a cleanse... hold off for 10 days
- 10 Coffee or soda: drink water or SPARK

**HUNGRY?** Eat more of the suggested foods.

## Example Eating Plan

Breakfast	Mid-Morning	Lunch	Mid-Afternoon	Dinner	Snack (if needed)
30 min Before Breakfast: <b>PROBIOTIC RESTORE</b> (days 4-10) with <b>SPARK</b>	30 min Before Snack: <b>3 CATALYST</b> (optional add-on)		30 min Before Snack: <b>SPARK</b> (if needed)	45 min Before Dinner: <b>2 LEPTILEAN</b> (optional add-on)	
2 glasses of water with <b>FIBER DRINK</b> (days 1-3 and 8-10) and a bowl or piece of fruit 30 min later	Fruit is best for cleansing. Add in 3 hard boiled eggs or oatmeal if needed.	Salad or veggies with lean protein and a complex carbohydrate.	Nuts, seeds, raw veggies or fruit. Rice cakes with natural peanut or almond butter.	<b>4-6 OMEGAPLEX</b> Lean protein with lightly cooked vegetables, add complex carb if needed.	Fruit <b>BEDTIME</b> (days 1-7) <b>HERBAL CLEANSE TABLETS</b> with water.
Water between meals.	Water between meals.	Water between meals.	Water between meals.	Water between meals.	Water between meals.

eat

Shoot to be 80% compliant with the above suggestions so that you get the results you want. Please read the enclosed Herbal Cleanse packaging DAILY for specific instructions on how and when to take the cleansing, fiber and probiotic supplements - as the routine varies during the 10 day program



## Get Yourself Fully Invested Before You Begin

Upon completing your 10 Day Cleanse, your energy should be higher and your waistline more slim - then you'll begin the 14 Day MAX Phase toning and metabolic enhancing regimen. The energy and physical transformation you experience during the MAX phase will be accelerated and enhanced by your ability to be a CHAMP during the 10 Day Cleanse. Choose to be outstanding during your cleanse so that your body can live and move at its full potential.

## Optional Add-ons



**CATALYST** Preserves and tones muscle during weight loss and exercise programs. Take between meals or pre-workout.



**LEPTILEAN** Helps provide a feeling of fullness and controls nighttime munchies. Take 45 min before Dinner.



24-Day Challenge: Step 2

max

# 14-DAY MAX PHASE

Add Energy • Control Appetite • Lose Weight • Fuel Up with Core Nutrition

## AdvoCare Max Phase Components



**METABOLIC NUTRITION SYSTEM (MNS)** Complete nutrition system 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 3	MNS MAX E	MNS MAX C
Energy	6	10	8
Appetite Control	6	8	10
Wellness	10	6	6

## Example Eating Plan

Breakfast	Snack	Lunch	Snack	Dinner	Snack (if needed)
30 min Before Breakfast: <b>1st Color MNS Packet</b> <b>SPARK</b> (if needed)	30 min Before Snack: <b>3 CATALYST</b> (optional add-on)	30 min Before Lunch: <b>2nd Color MNS Packet</b>	30 min Before Snack: <b>SPARK</b> (if needed)	45 min Before Dinner: <b>2 LEPTILEAN</b> (optional add-on)	Choose one or two: 3 eggs 1 fruit veggies
<b>MEAL REPLACEMENT SHAKE</b> with both <b>White MNS Packets</b> -OR- Choose one or two: 3 or 4 whole eggs 1/2 cup oats with nuts/fruit	Choose one or two: 3 eggs 1 fruit veggies nuts or nut butter hummus 2 rice cakes can of tuna 2 scoops <i>Muscle Gain AdvoCare Bar</i>	<b>MNS White Packets if not taken with breakfast</b>  Protein with vegetables (such as chicken salad, low-carb sub/wrap, salmon and broccoli, etc.)	Choose one or two: 3 eggs 1 fruit veggies nuts or nut butter hummus 2 rice cakes can of tuna 2 scoops <i>Muscle Gain AdvoCare Bar</i>	Protein with vegetables* (steak, chicken or fish with veggies of choice)  *Add rice or potato if needed	nuts or nut butter hummus 2 rice cakes can of tuna 2 scoops <i>Muscle Gain AdvoCare Bar</i>



## Suggested Keys For Success

- Be at least 90% "ON" for a minimum of 14 Days.
- Keep carbs under 30 grams per meal/snack which minimizes fat storage.
- Increase healthy fats as you decrease carbs (avocado, olives and olive oil, nuts and seeds).
- Drink 3-4 Liters (90-120 oz) of water daily.
- Exercise 30 minutes 5-6 days per week (consistency and intensity are your friends).
- Utilize your AdvoCare sponsor for support, especially the first 3 days.
- Minimize or avoid alcohol, bread, and dairy.
- Take your products correctly. Consume your entire MNS MAX Pack before lunch.

## Optional Add-ons



**CATALYST** Preserves and tones muscle during weight loss and exercise programs. Take between meals or pre-workout.



**LEPTILEAN** Helps provide a feeling of fullness and controls nighttime munchies. Take 45 min before Dinner.