

Start Date: _____

Completion Date: _____

24-DAY JUMPSTART™

Success Tracker

DAY 1 DAY 24

Energy (1-10): _____

Weight: _____

Waist Inches: _____

CLEANSE

1

- A.M. & P.M. Products
- Clean Food & OmegaPlex
- Light Fitness / Stretching
- Water
- Lean & Clean Vid

2

- A.M. & P.M. Products
- Clean Food & OmegaPlex
- Light Fitness / Stretching
- Water
- Lean & Clean Vid

3

- A.M. & P.M. Products
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4

- A.M. & P.M. Products
- Clean Food & OmegaPlex
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5

- A.M. & P.M. Products
- Clean Food & OmegaPlex
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6

- A.M. & P.M. Products
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7

- A.M. & P.M. Products
- Clean Food & OmegaPlex
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8

- A.M. & P.M. Products
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9

- A.M. & P.M. Products
- Clean Food & OmegaPlex
- Light Fitness / Stretching
- Water
- Lean & Clean Vid

10

- A.M. & P.M. Products
- Clean Food & OmegaPlex
- Light Fitness / Stretching
- Water
- Lean & Clean Vid

MAX PHASE

11

- MNS, Spark, MR Shake
- Carb Control
- Fitness
- Water
- Lean & Clean Vid

12

- MNS, Spark, MR Shake
- Carb Control
- Fitness
- Water
- Lean & Clean Vid

13

- MNS, Spark, MR Shake
- Carb Control
- Fitness
- Water
- Lean & Clean Vid

14

- MNS, Spark, MR Shake
- Carb Control
- Fitness
- Water
- Lean & Clean Vid

15

- MNS, Spark, MR Shake
- Carb Control
- Fitness
- Water
- Lean & Clean Vid

16

- MNS, Spark, MR Shake
- Carb Control
- Fitness
- Water
- Lean & Clean Vid

17

- MNS, Spark, MR Shake
- Carb Control
- Fitness
- Water
- Lean & Clean Vid

18

- MNS, Spark, MR Shake
- Carb Control
- Fitness
- Water
- Lean & Clean Vid

19

- MNS, Spark, MR Shake
- Carb Control
- Fitness
- Water
- Lean & Clean Vid

20

- MNS, Spark, MR Shake
- Carb Control
- Fitness
- Water
- Lean & Clean Vid

21

- MNS, Spark, MR Shake
- Carb Control
- Fitness
- Water
- Lean & Clean Vid

22

- MNS, Spark, MR Shake
- Carb Control
- Fitness
- Water
- Lean & Clean Vid

23

- MNS, Spark, MR Shake
- Carb Control
- Fitness
- Water
- Lean & Clean Vid

24

- MNS, Spark, MR Shake
- Carb Control
- Fitness
- Water
- Lean & Clean Vid

24 Days of Lean & Clean Living

- Fitness:** Let your fitness include healthy duration and/or intensity (shoot for balance of strength and cardio)
- Lean & Clean Vid:** Watch the Lean & Clean Vid of the Day at www.facebook.com/groups/leanandcleanproductsupport
- Carb Control:** Be aware of carb grams and strive for moderation (which for many people is around 100 grams per day)
- Water:** Divide your healthy body weight by 2, and shoot for that amount of water in ounces (ie: 180 pound person will shoot for 90 oz of water)

DAY 25+

- Lean & Clean Nutrition
- Consistent Fitness
- *Personalized Advo-Regimen
- Positive Accountability
- Water



These suggestions were compiled by AdvoCare Independent Distributors. Please consult your health care provider before making any dietary or fitness modifications.

*Get with your Coach/Sponsor to make sure you're on a plan that helps you LIVE your goals