SLIM&TRIM

LIVE LEAN IN 2019

LIFESTYLE GUIDE

YOU'VE MADE A WISE CHOICE

A life-changing investment that can lead to a healthier you!

By choosing AdvoCare Slim & Trim, you've taken the first step on a journey to reaching your goals with a solution that's **simple, successful and sustainable.**

Whether it's weight loss or well-being, this guide will help you develop daily habits that focus on the five different pillars of wellness – diet, exercise, sleep, stress and supplements – working together to create the body you love and the long-term results you want!*

Your success story begins here.

LET'S GET TO WORK!

SLIM&TRIM
LIVE LEAN IN 2019

Results vary with individual effort, consistency of use, body composition, eating patterns and exercise. Sim & Trim is a program to jumpstart long-term weight loss, health, and wellness. AdvoCare recommends that you consult your healthcare professional before starting an AdvoCare product regimen.

NOT SURE WHERE TO START OR HAVE QUESTIONS?

Get going with these steps:

1. **Teammates** – The person who helped introduce you to AdvoCare can be your biggest ally – not only in helping you navigate along the way, but also as an accountability buddy to help you stay on track.

2. **Doctor** – You should always reach out to your doctor before making lifestyle changes like incorporating dietary supplements, adding exercise routines or altering your diet.

3. **AdvoCare Customer Service** – If you have any questions about products or are not satisfied with what you've purchased, give our Customer Service Team a call. AdvoCare offers a Satisfaction Guarantee on purchased products. If you are not completely satisfied, you may request an exchange or refund within 30 days from the date of purchase. 800.542.4800

GOAL SETTING

GOAL (NOUN): the object of a person's ambition or effort; an aim or desired result

As you begin your journey, it's important to set goals. Goal setting is the process of designing what you want to accomplish and devising a plan to achieve the results you desire. Here are our top tips on making a SMAART goal:

- **Specific:** A goal should be as specific as possible so you know exactly what you're working toward. "Lose weight," for example, might be too vague – What exactly do you want to achieve and how? Why do you want to achieve that goal? Some examples include: "Fit into my old jeans" or "Maintain a consistent workout routine three to four times per week."

- **Measurable:** You won't know if you've reached a goal unless you measure your progress along the way.

- **Accountable:** Keep track of your journey by writing in this Lifestyle Guide. Pick a family member, friend or AdvoCare coach to help you stay on track and work toward your goal.

- **Attainable:** You want your goal to be challenging but within reach. You don't want your goal to be too difficult because you may get discouraged, but you want to pick a goal that isn't too easy (if it was easy, you should have already achieved it).

- **Realistic and Relevant:** Each person is different — we all have different capabilities, preferences and resources. Pick a goal that is realistic and relevant to you, and make adjustments as needed.

- **Timeframe:** You can divide your goal into different periods to help set milestones you'd like to accomplish each step of the way. Start small and build confidence as you work toward your goal.

WHAT'S YOUR GOAL FOR THE **NEXT 14 DAYS?**

_____

_____

WHAT'S YOUR GOAL FOR THE **NEXT 28 DAYS?**

_____

_____

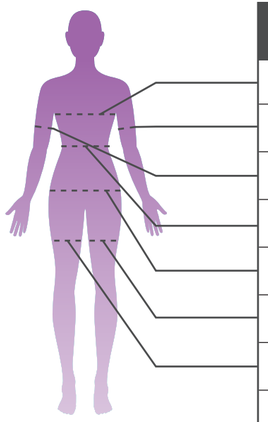
WHAT'S YOUR ULTIMATE LONG-TERM GOAL?

_____

_____

MEASUREMENTS

One of the biggest mistakes that people make throughout their healthy lifestyle journey is to focus all of their attention to results on the scale. It is important to remember your results are so much more than numbers on a scale. Body composition, daily energy levels and overall quality of life are just a few of the ways you can track your progress. Use the table below to take your measurements each step of the way.



DAY	1	14	28
CHEST			
LEFT ARM			
RIGHT ARM			
WAIST			
HIPS			
LEFT THIGH			
RIGHT THIGH			
WEIGHT			

Use a tape measure for accuracy:

- **Chest:** Measure around the chest/bust at fullest point. For females, wear a bra when doing this measurement.
- **Arm:** Measure around the fullest part of your arm.
- **Waist:** Measure around the smallest part of your waistline.
- **Hips:** Measure around the fullest part of your hips, keeping the tape parallel to the floor.
- **Thigh:** Measure the fullest part of the thigh.

PROGRESS PICTURES

Pictures are a great way to keep track of your progress throughout your journey. In order to get an accurate sense of how your body is changing, here are a few guidelines we recommend:

- Have someone else take your picture, like a family member or friend, or use a tripod in order to take a full-body picture that shows you from head to toe.
- Hold a newspaper or use a time stamp to depict the date you took the picture.
- Do not retouch or modify your photo – this is your way of showing your authentic journey.
- Choose a location that is well lit and in front of a plain wall. Minimize any clutter in the picture so the focus is on you.
- Tight-fitting fitness attire is best. You want to show the curves of your body, but also keep modesty in mind in case you decide to share your progress pictures with other people.
- Stand up straight and maintain the same posture each time you take a progress picture.
- Use the same lighting, pose, location and preferably the same clothing for each photo.
- Take multiple angles: facing the camera with your hands relaxed or on your hips, facing backwards away from the camera and one profile shot facing sideways.
- Take pictures whenever you take new measurements.

ADD YOUR PICTURES TO THE CHART BELOW:

DAY 1	DAY 14
DATE: __/__/__	DATE: __/__/__

DAY 28
DATE: __/__/__

PILLARS OF WELLNESS

The pillars of wellness represent the key lifestyle elements that contribute toward your overall health and well-being.

At AdvoCare, we believe a sustainable balance of all five pillars is important in order to live a healthy lifestyle and meet your personal health goals.

For more information about how you can prioritize each pillar, turn to the corresponding page in your Transformation Journal.

SUPPLEMENTS

ADVOCARE SLIM®

14 stick packs

Slim is specifically formulated to help support weight management goals and help increase energy.* On average, 7 out of 10 people are overweight in the United States. Slim offers support for weight management and appetite control with key ingredients like green coffee bean extract (chlorogenic acid) and garcinia cambogia (hydroxycitric acid) as well as caffeine to support increased energy.*

MEAL REPLACEMENT SHAKE

14 pouches

Portable, measurable nutrition formulated with protein, carbohydrates, vitamins & minerals to help with healthy weight-management. AdvoCare's Meal Replacement Shakes come in a variety of delicious flavors to help you manage your daily caloric intake by providing 210-220 nutrition-packed calories. AdvoGreens® Meal Replacement Shakes offer an alternative plant-based protein source with the same great nutritional ingredients as the original. With a 1:1 ratio of protein to carbohydrates, these meal replacement shakes will help you feel fueled and full.

MNS®

14 daily strip packs

A comprehensive dietary supplement packed with nutrients to address overall wellness, energy levels, and appetite control.* MNS C helps to support and control your appetite which is key for healthy weight-management.* MNS E helps to support your daily energy levels and enhance a healthy metabolism.* MNS 3 is formulated as a balance between the needs for appetite control and increased energy while providing nutrients for overall wellness support.*

BIOCHARGE®

14 stick packs

BioCharge is an amino acid, vitamin and herbal supplement featuring a blend of branched-chain amino acids (BCAAs) to promote lean body mass, B vitamins to support energy levels and adaptogens to help manage occasional stress.* BioCharge is a great option for an individual looking for an additional source of BCAAs in conjunction with a healthy diet.

BioCharge can be consumed throughout the day as a stand-alone product or combined with other products like Slim to support a healthy lifestyle.

For information on additional AdvoCare products, visit **advocare.com**.

*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

NUTRITION

A well-balanced and maintainable diet contains a variety of nutrient-dense foods including lean protein, fruits and vegetables, healthy fats, complex carbohydrates, including whole grains, and water, while limiting consumption of saturated fat, sodium and added sugars.

All food and drinks that have calories are composed of a few basic nutrients: carbohydrates, protein and fat. Calories are important because they provide our body with ENERGY.

Paying attention to calories is an important part of managing your weight. When choosing what to eat and drink, it's important to get the right combination of nutrients to meet caloric needs. Consuming too many high-calorie foods is a leading cause of weight gain potentially leading to obesity. Excess body fat is associated with many negative health consequences.

Understanding calories — where they come from and the amount you're consuming — is important to maintain good health and offers long-term benefits.

CARBOHYDRATES

The body utilizes carbohydrates as the primary source of energy when broken down into glucose molecules. Carbohydrates are also stored in the form of glycogen as an energy reserve and if not used immediately, are stored as body fat to help maintain body weight. Each gram of carbohydrates contributes four calories.

PROTEIN

Proteins are molecules comprised of smaller components known as amino acids. Proteins are essential for various functions in the body such as the growth and repair of tissues (including muscle), and the production of hormones and enzymes. Proteins are also used as a secondary source of energy when there is a limited source of carbohydrates available to the body. Each gram of protein supplies the body with four calories, but be sure to stick to lean sources (discussed later).

FATS

Dietary fats provide insulation for the body and play a role in the production of hormones. Essential fatty acids also serve as an energy source for the body and assist with the absorption of fat-soluble vitamins. Since each gram of fat contributes nine calories, fatty acids also serve as an energy source for the body. However, animal sources should be carefully portioned or limited, especially those high in saturated fat and trans fat.

VITAMINS AND MINERALS

Vitamins and minerals are known as micronutrients since they are needed by the body in small amounts and do not provide calories like macronutrients (carbohydrates, protein and fat).

QUALITY AND QUANTITY

The recommendations in this section were derived from the 2015-2020 Dietary Guidelines for Americans. They may not be suitable to you if you require a specialized diet (i.e. low sugar, low fat or low cholesterol). Please consult with your healthcare provider prior to changing your diet.

(I.E. READING LABELS)

- **Serving Size:** Be aware of how many servings are in packaged foods and the amount per serving.

- **Calories:** Calories are the amount of energy you are consuming through foods. Consuming an excess of calories can lead to weight gain.

- **Total Fat:**
  - Look for monounsaturated and polyunsaturated fats. These types of fats are healthy in moderation.
  - Saturated fats are less healthy and should be consumed at less than 3 g per serving.
  - Trans fat or "partially hydrogenated" fats are the least healthy of fats and should be consumed very sparingly.

- **Cholesterol:** The amount of cholesterol you consume per day should be less than 300 mg.

- **Sodium:** Choose lower sodium options. We recommend limiting intake of sodium to less than 2,300 mg per day.

- **Total Carbohydrates:**
  - **Dietary Fiber:** Look for high fiber (25-30 grams per day). Fiber aids in digestion and helps keep you full.
  - **Sugars:** Naturally occurring sugars should be consumed in moderation. Added sugars are in certain foods like flavored yogurts and soda and should be consumed in moderation (no more than 50g per day).

- **Protein:** Look for low-calorie foods that are high in protein. Daily protein intake should be around 50 grams on a 2,000-calorie diet.

- **Vitamins and Minerals:** Good sources of vitamins contain 10% or more of the recommended daily value.

PORTION CONTROL

Portion control is an important tool for weight management. Controlling the amount of calories you consume each meal/snack will help you track your net caloric intake each day. Your net caloric intake is the amount of calories gained from the food you eat minus the amount burned throughout the day via activity and exercise. In simple terms, calories are the unit of measure of the energy released through the food you consume as it is digested by the body. The overconsumption of calories and/or lack of activity and exercise over time will cause weight gain. In addition, portion control can help ensure your meals and snacks are more balanced nutritionally.

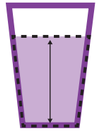
- Pay attention to servings on package labels (some packaged foods list nutrition facts for "one serving" when the package contains two to three servings total).
- Make your meal consist of at least three different food groups (lean protein, leafy greens, root veggies, whole grains, etc.).
- Make your meal multiple colors (green, orange, red, tan, etc.).
- As an easy-to-use rule: each serving/color of food on your plate should not exceed the amount you can hold in your palm.
- If you struggle with not feeling "full," try increasing fiber-rich foods in your diet, or drinking more water with a meal.
- Food scales can help you accurately monitor your portion sizes and calories.
- When eating out at restaurants, ask for a to-go box and reserve half of your meal for later (portions served in American restaurants tend to be extremely large).
- When eating out at restaurants, ask for your sauce or dressing on the side when possible. Watch out for words like "crispy" - that usually means deep fried. Look for descriptors like "grilled" or "steamed."

PORTION CONTROL GUIDE

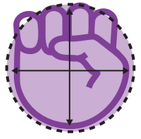
REFERENCE: MYPLATE.GOV

BODY WEIGHT _____ lbs. / **2** = _____ oz.

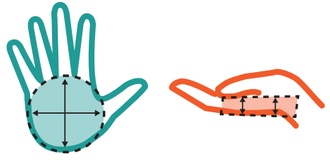
This is the amount of water you should drink per day



8 oz. = 1 cup

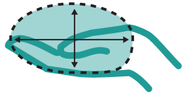


Non-Meat Proteins: Should be the size and thickness of your fist



Meat Proteins: Should be no bigger and no thicker than the palm of your hand

Legumes, Whole Grains, Breads, Nuts: Amount that can fit into your cupped hand



Fruits and Vegetables: Amount that can be held in your open palm

TRAFFIC LIGHT EATING

Knowing which foods make up a healthy diet and which to eat in moderation is essential for weight management. Green Light foods have high nutritional value and are low in calories, sugar and fat. Yellow light foods include whole grains and lean proteins. Red Light foods have very little, if any, nutritional value and should be limited.

RED LIGHT FOODS: STOP

- Candy
- Cookies
- Fruit Juice
- Fruit Juice Drinks
- Sodas – Diet or Regular
- Fatty Meats
- White Bread/Rice
- Chips
- Doughnuts
- Pastries
- Deli Meats With Nitrates/Nitrites
- Processed Foods
- Sugar & Preservatives
- Fried Foods
- French Fries
- Alcohol
- Creamy Sauces
- High Calorie & High Sugar Salad Dressing
- Added Sugars
- Partially Hydrogenated Oils

YELLOW LIGHT FOODS: SLOW DOWN

PROTEINS
- Fish
- Poultry
- Lean Cuts of Meat
- Eggs
- Tofu

HEALTHY FATS
- Avocado
- Nuts
- Seeds
- Nut Butters
- Olive Oil
- Coconut Oil

COMPLEX CARBS
- Legumes
- Beans
- Oatmeal
- Sweet Potatoes
- Quinoa
- Whole Grain Pasta
- Brown Rice
- Whole Grain Bread
- Whole Grain Tortillas

DAIRY
- Hard Cheese
- Greek Yogurt

GREEN LIGHT FOODS: GO

- Dark leafy greens (kale, chard, spinach, broccoli, cabbage)
- Root vegetables (carrot, beetroot, turnip, parsnips)
- Fibrous fruits & veggies (rapsberries, pears, apples w/ skin, oranges, strawberries, artichokes, green peas, bressels sprouts, cauliflower)
- Lean proteins (egg whites, low-fat cottage cheese; lean fish like: halibut, light canned tuna in water, pacific cod)

While all foods should be eaten in moderation, "green light" foods are generally lower in calories and higher in nutrients.

Consider Green Light options like zucchini noodles or spaghetti squash instead of pasta. Try lettuce as your "bread" in a sandwich or riced cauliflower in place of rice, etc.

SIMPLE SWAPS

Some staple foods you find on restaurant menus and in your kitchen often have "healthier" counterparts. Swapping these foods for better, more nutritious options can help you make better food choices. In recent years, some simple food swaps have become more common practice, like whole grain bread versus white bread and healthier cooking oils versus butter/margarine. Here are some examples of food swaps:

CARBOHYDRATES

Avoid or limit high-sugar, low-fiber carbohydrates. Instead, look for whole grains that are higher in fiber.

AVOID/MINIMIZE	BETTER CHOICE
potato fries	baked sweet potato
white bread	whole wheat / whole grain bread
fruit juice	fresh berries
high-sugar cereal	high-fiber cereal

FATS

Avoid and limit the intake of saturated fats in your diet. Instead, look for monounsaturatedand polyunsaturated fats and sources of omega-3 fatty acids.

AVOID/MINIMIZE	BETTER CHOICE
high-fat dairy and cheese	avocado
margarine	olive oil
potato chips	nuts and seeds
corn oil	canola oil
fatty red meat	fresh salmon

PROTEINS

Avoid fried or breaded proteins or proteins cooked in a creamy sauce. Instead, look for lean cuts of meat that are grilled, boiled, steamed or poached with no sauce or sauce on the side.

AVOID/MINIMIZE	BETTER CHOICE
fried fish or fish sticks	fresh cod or white fish
fried chicken	grilled, broiled or poached chicken breast
high-fat pork (ex. sausage)	pork tenderloin
cream cheese	low-fat cottage cheese
ground chuck	lean sirloin beef or filet mignon

MEAL PREP

WHY MEAL PREP?

1. Make healthier choices – avoid temptation and always be prepared.

2. Save money – plan ahead and stick with your list at grocery stores – cooking is cheaper than eating out.

3. Save time – a few hours one or two days saves you tons of time the rest of the week.

Start small and keep it simple – plan one to two meals a day and pack healthy snacks that don't require any prep. AdvoCare Meal Replacement Shakes require minimal prep and take the guess work out of breakfast! AdvoCare Ready-to-Drink Protein is great for on-the-go nutrition, especially as an afternoon snack.

WHAT DOES A MEAL PREP DAY LOOK LIKE?

Dedicate a few hours and save time throughout the week

1. Grocery shop – create a plan and stick to your list!
- Tip: stick to the outer edges of the grocery store – you only need to be going to the middle to get non-perishables like rice, spices, nuts, etc.
- If you're getting condiments, be mindful of the sugar and sodium – things like salsa and marinara sauce can be super sneaky.

2. When you get home, peel, chop, cut all your fruits and veggies
- Put into containers in the fridge or roast/cook the veggies you'll use in the next couple of days.

3. Prep your protein & carbs
- Plan and prep a variety of meals so you can alternate throughout the week.
- Make items to store in the freezer and eat later.
- Leave your meats "basic" or unseasoned/plain so you can use it in a variety of ways throughout the week (chicken or ground turkey/beef can be changed based on the seasonings you use when you pair it with a meal).

FAVORITE LOWER CALORIE SAUCES/SEASONING

- Salsa (either make your own or look for no added sugar)
- Balsamic Vinegar
- Mustard (dijon, grainy mustard, spicy mustard)
- Reduced-Sugar Ketchup
- Apple Cider Vinegar (mix with one packet of a non-nutritive sweetener and mustard for a DIY honey mustard sauce)
- Sriracha
- Low-Sodium Soy Sauce or Bragg's Liquid Aminos or Coconut Aminos
- Franks Red Hot (buffalo sauce)

ADDITIONAL HEALTHY SWAPS

INSTEAD OF	TRY
pasta	zucchini noodles, spaghetti squash or broccoli slaw
bread	portobello mushrooms, butter lettuce or cucumbers
chips	mini bell peppers or carrot chips
sour cream	0% plain greek yogurt
rice	riced cauliflower
bread crumbs	old-fashioned oatmeal
taco shells	lettuce/collard wrap
mashed potatoes	mashed cauliflower
soft drinks	sparkling water with lime or lemon
candy	frozen grapes or cherries

YOUR SNACK LIST

24 DELICIOUS IDEAS

1. Try loading a few **celery sticks** with 1 tablespoon of any nut butter (almond, cashew, walnut).

2. **Edamame** makes a great high-protein snack (one cup of beans yields 17g of protein!). Buy them fresh and steam for about 6 minutes, or use the pre-cooked frozen variety and briefly microwave to defrost (about 2 minutes) before chowing down.

3. **1 medium apple**, sliced, with 1 tablespoon natural peanut butter.

4. **Hummus Dippers**: Put 2 tablespoons of your favorite hummus in the bottom of the container, stick a handful of vegetable sticks (carrots, celery, and snow peas are a great mix) vertically in the hummus, screw on the top, and throw in a purse or gym bag for an easy, on-the-go, super-healthy snack.

5. **Hard-Boiled Eggs**: Inexpensive and loaded with nutrients, eggs are one of the best ways to get a healthy dose of protein. Try hard boiling and pre-peeling a dozen at the start of the week and throw one in a small Tupperware container each day for an easy on-the-go snack.

6. On the go? Grab a handful of **almonds** (10 or so) and enjoy alongside 1 cup of grapes.

7. **Toast** one slice of whole-wheat bread and top with **2 scrambled egg whites**. Sprinkle with a dash of pepper and paprika.

8. Top a **rice cake** (we like the unsalted brown rice variety) with 1/4 of an **avocado**, mashed. Sprinkle with cracked black pepper and paprika.

9. Shake up 1 serving of **Muscle Gain**™ with 1 cup of unsweetened almond milk.

10. Top 1/2 cup low-fat or **nonfat cottage cheese** with 1/2 cup of your favorite fresh fruit.

11. Mix 1 can of **low-sodium tuna** with 2 tablespoons of **salsa**. Serve by itself or use it as a dip with celery!

12. Top 1/2 cup **nonfat Greek yogurt** with a handful of **fruit** (fresh or frozen) and a small drizzle of honey. Add 2 tablespoons of toasted oats for a protein-packed crunch!

13. Craving something sweet? Try a **baked apple**! Core a tennis-ball sized apple, dust with cinnamon, and bake at 350 for 20 minutes (or until tender but not mushy).

14. 1 cup of cubed **cantaloupe** and 1 low-fat **string cheese**.

15. **Eggs** are not just for breakfast! Try making 2 whole eggs scrambled with a handful of chopped onion, spinach, and bell peppers.

16. **Jicama** is a root veggie that touts 6 grams of fiber per cup. Peel and slice up 1 1/2 cups, and dip into a mixture of 1 tablespoon of Greek yogurt, 1 tablespoon of mustard, and 1 teaspoon of honey.

17. Top 1/4 cup **nonfat yogurt** with 1/2 cup old-fashioned **oats** and 1/2 cup fresh strawberries.

18. Yes, you can have your **ice cream** & stay on track! Simply peel a few **bananas**, stick them in the freezer, & let them hang out for a few hours, or until solid. Put the frozen bananas in the bowl of a food processor, & process until smooth. Finally, add in your choice of mix-ins like peanut butter or fresh strawberries. One serving = 1 banana.

19. Chow down on 10 baby **carrots** with 2 tablespoons of **hummus**.

20. Craving something crunchy? Give **Kale Chips** a try! Preheat oven to 375. Rinse and thoroughly dry 1 large bunch of kale, then remove the stems and tough center ribs. Rip the kale into large pieces, toss with a little olive oil, then sprinkle with some salt and pepper. Arrange in a single layer on a large parchment lined baking sheet (careful not to overlap). Bake until crisp, about 10 to 15 minutes, checking frequently (they can burn easily!).

21. How about an open-faced **turkey sandwich**? Toast 1 slice of whole-wheat bread and spread with 1 teaspoon of honey mustard. Top with 2 slices of deli turkey.

22. Slice up a **cucumber** & some **cherry tomatoes** – drizzle with a little bit of olive oil and top with fresh cracked pepper

23. Mash 1/4 of an **avocado** on a **rice cake** and top with salsa for a zesty treat!

24. Combine 1/2 of a scoop of **Muscle Gain**™ with 1/2 cup of **nonfat greek yogurt** –it's packed with protein and tastes delicious!

HYDRATION

Maintaining hydration is a key component to your health. Most of your fluid needs can be obtained through the water and beverages you drink, as well as through some of the types of foods you eat. The amount of fluids you need is dependent upon your size, activity level and your environment. In general, consume half of your body weight in ounces per day.

WATER HELPS YOUR BODY:

- Keep a normal temperature
- Lubricate and cushion joints
- Get rid of waste through urination, perspiration and bowel movements

MORE WATER IS NEEDED WHEN YOU ARE:

- In hot climates
- More physically active

CAFFEINE

Added or found naturally in a large variety of plants and beverages we consume, caffeine is a thoroughly researched ingredient. The general consensus is that a moderate amount consumed daily is not harmful in most cases. It is important to remember, however, that everybody and every body is different and has a different sensitivity to the effects of caffeine. So, it is important to be cognizant of which foods, drinks and supplements you consume that contain caffeine.

Coffee, tea, chocolate and certain soft drinks all contain various amounts of caffeine per serving.

ADVOCARE PRODUCTS CONTAINING CAFFEINE:

- Spark® (120mg)
- AdvoCare Slam® (120mg)
- Coffeccino® (120mg)
- MNS® 3 (130-160mg)
- MNS® C (300-320mg)
- MNS® E (338-412mg)
- ThermoPlus® (40-50mg)
- AdvoCare Slim® (120mg)
- FIT Pre (110mg)
- AdvoCare Muscle Fuel (100mg)

Note: *Products with a range of numbers listed contain caffeine from herbal sources. Therefore, a range is an approximation of the total caffeine content.*

EXERCISE

Any amount of physical activity is better than none, but the recommended amount is 150 minutes per week (or two hours and 30 minutes) in at least 10-minute intervals.

TYPES OF ACTIVITY

- **Aerobic Activity:** Any endurance activity performed in a rhythmic manner for a sustained period of time. These activities typically increase your heart rate and help improve cardiovascular fitness.
- **Muscle Strengthening:** Any activity which increases skeletal muscle strength, power, endurance and mass. It is imperative to work all major skeletal muscle groups such as shoulders, chest, triceps/biceps, abdomen, legs and back.

THE CENTERS FOR DISEASE CONTROL AND PREVENTION RECOMMENDS ADULTS RECEIVE:

- Two hours and 30 minutes (150 minutes) of moderate-intensity aerobic activity every week.

AND

- Muscle-strengthening activities on two or more days a week.

OR

- 1 hour and 15 minutes (75 minutes) of vigorous-intensity aerobic activity every week.

AND

- Muscle-strengthening activities on two or more days a week.

OR

- An equivalent mix of moderate and vigorous-intensity aerobic activity every week.

AND

- Muscle-strengthening activities on two or more days a week.

INTENSITY

- **Moderate:** brisk walking, water aerobics, general gardening
- **Vigorous:** jogging, jump rope, heavy gardening

IDEAS TO GET MOVING

Having an active lifestyle does not mean you have to go to the gym, although working out at the gym is great to do. Below are some suggestions on ways to incorporate physical activity into your daily routine:

AT HOME:
- Garden or mow the grass.
- Go on a short walk.
- Walk the dog.
- Stand while talking on the phone.
- Park further away when shopping.
- Jog in place or do squats while watching TV.

AT WORK:
- Brainstorm project ideas with co-workers while taking a walk.
- Use a standing desk.
- Walk to speak to someone instead of using the phone.
- Take the stairs instead of the elevator.
- Walk while waiting for the plane at the airport.
- Participate in a recreational league at your company.
- Walk around your building during a break or during lunch.

AT PLAY:
- Plan family outings and vacations that include physical activity (hiking, backpacking, swimming, etc.).
- See the sites in new cities by walking, jogging or bicycling.
- Dance.
- Join a recreational club that emphasizes physical activity.
- At the beach, sit and watch the waves instead of lying flat. Better yet, get up and walk, run or fly a kite.
- When golfing, walk instead of using a cart.

STRESS

STRESS MANAGEMENT

Stress will get in the way of your health and lifestyle goals. It can lead to emotional eating, poor sleep and the adoption of more sedentary behaviors. In order to achieve a healthier lifestyle, you must be able to manage stress levels. Creating your own stress-management strategy is a great place to start.

TIPS FOR WAYS TO RELAX:
- Practice yoga
- Turn off your phone for a few hours
- Listen to your favorite album
- Read a good book
- Get a massage
- Laugh
- Practice deep-breathing exercises
- Recite affirmations out loud
- Manage your time by planning ahead
- Spend time outdoors
- Meditate
- Journaling
- Exercise regularly

SLEEP

Believe it or not, sleep is probably one of the most important activities of the day, yet it is the one we most often sacrifice. Those who sleep less than seven hours a night are more likely to have weight issues and other health problems. The Centers for Disease Control and Prevention recommends that adults (including older adults) get at least 7 to 9 hours of sleep. Having a bedtime routine is an important component to obtaining adequate amounts of sleep. Below are some tips to ensure you are getting the most out of your sleep.

PREPARE A COMFORTABLE AND RELAXING ENVIRONMENT

- Keep your room comfortably cool.
- Switch off your TV. Put your phone on silent and use light-blocking (blackout) curtains in your bedroom.
- Sleep on a comfortable mattress and pillow to help support your natural sleeping position.
- Avoid eating heavy meals and limit fluid intake close to bedtime.
- Limit your exposure to bright light and sunlight during the evening hours leading up to slumber.

CREATE A ROUTINE THAT IS EASY TO FOLLOW AND MAINTAIN

THE TIME IMMEDIATELY BEFORE GOING TO BED IS CRUCIAL TO YOUR QUALITY OF SLEEP.

- Go to bed at the same time each night and wake up at the same time each morning, even on the weekends.
- Maintain an active lifestyle during the day.

READY TO BEGIN?

HERE ARE OUR TOP TIPS FOR SUCCESS:

1. **Prepare** – Take the time to plan your week. When will you fit in exercise? What will your meals look like? Are you traveling? Do you need to set reminders on your phone to take your supplements at the right time? Although it may seem overwhelming at first, preparing for the days ahead will help you stay on track. Not to worry – you'll get the hang of it!

2. **Write it Down** – Keeping a journal can help you identify what's working and what isn't. Taking the extra step to write down what you eat and what you do each day helps add to your personal accountability.

3. **Be Accountable** – Pick a teammate to check in with during your journey. Share the good and the bad. It's easier to stay committed when you're in it together.

4. **Stay Committed** – Let's face it: life happens. You're bound to hit a few bumps in the road. Don't let a stumble knock you completely off track – dust yourself off and get up again. Rome was not built in a day. It takes consistency to build healthy habits and time to see significant changes. Stick with it!

"A JOURNEY OF A THOUSAND MILES BEGINS WITH A SINGLE STEP."

- LAO TZU

DAILY CHECKLIST

DAY	30 MIN BEFORE BREAKFAST	BREAKFAST	MID-MORNING	30 MIN BEFORE & LUNCH	MID AFTERNOON	DINNER	H_2O
1	○ MNS® Color Packet	○ MRS	○ See list suggestions for "snack"	○ MNS Color Packet ○ Protein + Veggies ○ Complex Carb ○ MNS White Packet	○ Advocare Slim® + BioCharge ○ See list suggestions for "snack"	○ Protein + Veggies ○ Complex Carb (optional)	○○ ○○ ○○
2	○ MNS Color Packet	○ MRS	○ See list suggestions for "snack"	○ Yellow Color Packet ○ Protein + Veggies ○ Complex Carb ○ MNS White Packet	○ Slim + BioCharge ○ See list suggestions for "snack"	○ Protein + Veggies ○ Complex Carb (optional)	○○ ○○ ○○
3	○ MNS Color Packet	○ MRS	○ See list suggestions for "snack"	○ MNS Color Packet ○ Protein + Veggies ○ Complex Carb ○ MNS White Packet	○ Slim + BioCharge ○ See list suggestions for "snack"	○ Protein + Veggies ○ Complex Carb (optional)	○○ ○○ ○○
4	○ MNS Color Packet	○ MRS	○ See list suggestions for "snack"	○ MNS Color Packet ○ Protein + Veggies ○ Complex Carb ○ MNS White Packet	○ Slim + BioCharge ○ See list suggestions for "snack"	○ Protein + Veggies ○ Complex Carb (optional)	○○ ○○ ○○
5	○ MNS Color Packet	○ MRS	○ See list suggestions for "snack"	○ MNS Color Packet ○ Protein + Veggies ○ Complex Carb ○ MNS White Packet	○ Slim + BioCharge ○ See list suggestions for "snack"	○ Protein + Veggies ○ Complex Carb (optional)	○○ ○○ ○○
6	○ MNS Color Packet	○ MRS	○ See list suggestions for "snack"	○ MNS Color Packet ○ Protein + Veggies ○ Complex Carb ○ MNS White Packet	○ Slim + BioCharge ○ See list suggestions for "snack"	○ Protein + Veggies ○ Complex Carb (optional)	○○ ○○ ○○
7	○ MNS Color Packet	○ MRS	○ See list suggestions for "snack"	○ MNS Color Packet ○ Protein + Veggies ○ Complex Carb ○ MNS White Packet	○ Slim + BioCharge ○ See list suggestions for "snack"	○ Protein + Veggies ○ Complex Carb (optional)	○○ ○○ ○○

MRS = Meal Replacement Shake MNS® = Metabolic Nutrition System

WEEKLY PERSONAL TRACKING TOOL

Think back over each day and give yourself a "score" for each pillar of wellness. Rank how you felt you did at supporting each one. Look across the scores and find your average. Celebrate your progress. Use a scale of 1-10 with 10 feeling the best.

DAY	DATE	HEALTHY EATING	EXERCISE	REDUCE STRESS	SLEEP	SUPPLEMENTS	TOTAL
1	_____	SCORE: ____	SCORE: ____	SCORE: ____	SCORE: ____	SCORE: ____	SCORE: ____
2	_____	SCORE: ____	SCORE: ____	SCORE: ____	SCORE: ____	SCORE: ____	SCORE: ____
3	_____	SCORE: ____	SCORE: ____	SCORE: ____	SCORE: ____	SCORE: ____	SCORE: ____
4	_____	SCORE: ____	SCORE: ____	SCORE: ____	SCORE: ____	SCORE: ____	SCORE: ____
5	_____	SCORE: ____	SCORE: ____	SCORE: ____	SCORE: ____	SCORE: ____	SCORE: ____
6	_____	SCORE: ____	SCORE: ____	SCORE: ____	SCORE: ____	SCORE: ____	SCORE: ____
7	_____	SCORE: ____	SCORE: ____	SCORE: ____	SCORE: ____	SCORE: ____	SCORE: ____

DAILY CHECKLIST

DAY	30 MIN BEFORE BREAKFAST	BREAKFAST	MID-MORNING	30 MIN BEFORE & LUNCH	MID AFTERNOON	DINNER	H_2O
8	MNS® Color Packet	MRS	See list suggestions for "snack"	MNS Color Packet Protein + Veggies Complex Carb MNS White Packet	Advocare Slim® + BioCharge See list suggestions for "snack"	Protein + Veggies Complex Carb (optional)	
9	MNS Color Packet	MRS	See list suggestions for "snack"	Yellow Color Packet Protein + Veggies Complex Carb MNS White Packet	Slim + BioCharge See list suggestions for "snack"	Protein + Veggies Complex Carb (optional)	
10	MNS Color Packet	MRS	See list suggestions for "snack"	MNS Color Packet Protein + Veggies Complex Carb MNS White Packet	Slim + BioCharge See list suggestions for "snack"	Protein + Veggies Complex Carb (optional)	
11	MNS Color Packet	MRS	See list suggestions for "snack"	MNS Color Packet Protein + Veggies Complex Carb MNS White Packet	Slim + BioCharge See list suggestions for "snack"	Protein + Veggies Complex Carb (optional)	
12	MNS Color Packet	MRS	See list suggestions for "snack"	MNS Color Packet Protein + Veggies Complex Carb MNS White Packet	Slim + BioCharge See list suggestions for "snack"	Protein + Veggies Complex Carb (optional)	
13	MNS Color Packet	MRS	See list suggestions for "snack"	MNS Color Packet Protein + Veggies Complex Carb MNS White Packet	Slim + BioCharge See list suggestions for "snack"	Protein + Veggies Complex Carb (optional)	
14	MNS Color Packet	MRS	See list suggestions for "snack"	MNS Color Packet Protein + Veggies Complex Carb MNS White Packet	Slim + BioCharge See list suggestions for "snack"	Protein + Veggies Complex Carb (optional)	

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DAY	DATE	HEALTHY EATING	EXERCISE	REDUCE STRESS	SLEEP	SUPPLEMENTS	TOTAL
8	_____	SCORE: ____	SCORE: ____	SCORE: ____	SCORE: ____	SCORE: ____	SCORE: ____
9	_____	SCORE: ____	SCORE: ____	SCORE: ____	SCORE: ____	SCORE: ____	SCORE: ____
10	_____	SCORE: ____	SCORE: ____	SCORE: ____	SCORE: ____	SCORE: ____	SCORE: ____
11	_____	SCORE: ____	SCORE: ____	SCORE: ____	SCORE: ____	SCORE: ____	SCORE: ____
12	_____	SCORE: ____	SCORE: ____	SCORE: ____	SCORE: ____	SCORE: ____	SCORE: ____
13	_____	SCORE: ____	SCORE: ____	SCORE: ____	SCORE: ____	SCORE: ____	SCORE: ____
14	_____	SCORE: ____	SCORE: ____	SCORE: ____	SCORE: ____	SCORE: ____	SCORE: ____

DAILY CHECKLIST

DAY	30 MIN BEFORE BREAKFAST	BREAKFAST	MID-MORNING	30 MIN BEFORE & LUNCH	MID AFTERNOON	DINNER	H_2O
15	○ MNS® Color Packet	○ MRS	○ See list suggestions for "snack"	○ MNS Color Packet ○ Protein + Veggies ○ Complex Carb ○ MNS White Packet	○ Advocare Slim® + BioCharge ○ See list suggestions for "snack"	○ Protein + Veggies ○ Complex Carb (optional)	○○ ○○ ○○
16	○ MNS Color Packet	○ MRS	○ See list suggestions for "snack"	○ Yellow Color Packet ○ Protein + Veggies ○ Complex Carb ○ MNS White Packet	○ Slim + BioCharge ○ See list suggestions for "snack"	○ Protein + Veggies ○ Complex Carb (optional)	○○ ○○ ○○
17	○ MNS Color Packet	○ MRS	○ See list suggestions for "snack"	○ MNS Color Packet ○ Protein + Veggies ○ Complex Carb ○ MNS White Packet	○ Slim + BioCharge ○ See list suggestions for "snack"	○ Protein + Veggies ○ Complex Carb (optional)	○○ ○○ ○○
18	○ MNS Color Packet	○ MRS	○ See list suggestions for "snack"	○ MNS Color Packet ○ Protein + Veggies ○ Complex Carb ○ MNS White Packet	○ Slim + BioCharge ○ See list suggestions for "snack"	○ Protein + Veggies ○ Complex Carb (optional)	○○ ○○ ○○
19	○ MNS Color Packet	○ MRS	○ See list suggestions for "snack"	○ MNS Color Packet ○ Protein + Veggies ○ Complex Carb ○ MNS White Packet	○ Slim + BioCharge ○ See list suggestions for "snack"	○ Protein + Veggies ○ Complex Carb (optional)	○○ ○○ ○○
20	○ MNS Color Packet	○ MRS	○ See list suggestions for "snack"	○ MNS Color Packet ○ Protein + Veggies ○ Complex Carb ○ MNS White Packet	○ Slim + BioCharge ○ See list suggestions for "snack"	○ Protein + Veggies ○ Complex Carb (optional)	○○ ○○ ○○
21	○ MNS Color Packet	○ MRS	○ See list suggestions for "snack"	○ MNS Color Packet ○ Protein + Veggies ○ Complex Carb ○ MNS White Packet	○ Slim + BioCharge ○ See list suggestions for "snack"	○ Protein + Veggies ○ Complex Carb (optional)	○○ ○○ ○○

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Think back over each day and give yourself a "score" for each pillar of wellness. Rank how you felt you did at supporting each one. Look across the scores and find your average. Celebrate your progress. Use a scale of 1-10 with 10 feeling the best.

DAY	DATE	HEALTHY EATING	EXERCISE	REDUCE STRESS	SLEEP	SUPPLEMENTS	TOTAL
15	_____	SCORE: ____	SCORE: ____	SCORE: ____	SCORE: ____	SCORE: ____	SCORE: ____
16	_____	SCORE: ____	SCORE: ____	SCORE: ____	SCORE: ____	SCORE: ____	SCORE: ____
17	_____	SCORE: ____	SCORE: ____	SCORE: ____	SCORE: ____	SCORE: ____	SCORE: ____
18	_____	SCORE: ____	SCORE: ____	SCORE: ____	SCORE: ____	SCORE: ____	SCORE: ____
19	_____	SCORE: ____	SCORE: ____	SCORE: ____	SCORE: ____	SCORE: ____	SCORE: ____
20	_____	SCORE: ____	SCORE: ____	SCORE: ____	SCORE: ____	SCORE: ____	SCORE: ____
21	_____	SCORE: ____	SCORE: ____	SCORE: ____	SCORE: ____	SCORE: ____	SCORE: ____

DAILY CHECKLIST

DAY	30 MIN BEFORE BREAKFAST	BREAKFAST	MID-MORNING	30 MIN BEFORE & LUNCH	MID AFTERNOON	DINNER	H_2O
22	MNS® Color Packet	MRS	See list suggestions for "snack"	MNS Color Packet Protein + Veggies Complex Carb MNS White Packet	Advocare Slim® + BioCharge See list suggestions for "snack"	Protein + Veggies Complex Carb (optional)	
23	MNS Color Packet	MRS	See list suggestions for "snack"	Yellow Color Packet Protein + Veggies Complex Carb MNS White Packet	Slim + BioCharge See list suggestions for "snack"	Protein + Veggies Complex Carb (optional)	
24	MNS Color Packet	MRS	See list suggestions for "snack"	MNS Color Packet Protein + Veggies Complex Carb MNS White Packet	Slim + BioCharge See list suggestions for "snack"	Protein + Veggies Complex Carb (optional)	
25	MNS Color Packet	MRS	See list suggestions for "snack"	MNS Color Packet Protein + Veggies Complex Carb MNS White Packet	Slim + BioCharge See list suggestions for "snack"	Protein + Veggies Complex Carb (optional)	
26	MNS Color Packet	MRS	See list suggestions for "snack"	MNS Color Packet Protein + Veggies Complex Carb MNS White Packet	Slim + BioCharge See list suggestions for "snack"	Protein + Veggies Complex Carb (optional)	
27	MNS Color Packet	MRS	See list suggestions for "snack"	MNS Color Packet Protein + Veggies Complex Carb MNS White Packet	Slim + BioCharge See list suggestions for "snack"	Protein + Veggies Complex Carb (optional)	
28	MNS Color Packet	MRS	See list suggestions for "snack"	MNS Color Packet Protein + Veggies Complex Carb MNS White Packet	Slim + BioCharge See list suggestions for "snack"	Protein + Veggies Complex Carb (optional)	

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Think back over each day and give yourself a "score" for each pillar of wellness. Rank how you felt you did at supporting each one. Look across the scores and find your average. Celebrate your progress. Use a scale of 1-10 with 10 feeling the best.

DAY	DATE	HEALTHY EATING	EXERCISE	REDUCE STRESS	SLEEP	SUPPLEMENTS	TOTAL
22	_____	SCORE: ____	SCORE: ____	SCORE: ____	SCORE: ____	SCORE: ____	SCORE: ____
23	_____	SCORE: ____	SCORE: ____	SCORE: ____	SCORE: ____	SCORE: ____	SCORE: ____
24	_____	SCORE: ____	SCORE: ____	SCORE: ____	SCORE: ____	SCORE: ____	SCORE: ____
25	_____	SCORE: ____	SCORE: ____	SCORE: ____	SCORE: ____	SCORE: ____	SCORE: ____
26	_____	SCORE: ____	SCORE: ____	SCORE: ____	SCORE: ____	SCORE: ____	SCORE: ____
27	_____	SCORE: ____	SCORE: ____	SCORE: ____	SCORE: ____	SCORE: ____	SCORE: ____
28	_____	SCORE: ____	SCORE: ____	SCORE: ____	SCORE: ____	SCORE: ____	SCORE: ____

WEEKLY MEAL PLANNER

WEEK ONE

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST							
MID-MORNING							
LUNCH							
MID-AFTERNOON							
DINNER							

WEEKLY MEAL PLANNER

WEEK TWO

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST							
MID-MORNING							
LUNCH							
MID-AFTERNOON							
DINNER							

WEEKLY MEAL PLANNER

WEEK THREE

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST							
MID-MORNING							
LUNCH							
MID-AFTERNOON							
DINNER							

WEEKLY MEAL PLANNER

WEEK FOUR

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST							
MID-MORNING							
LUNCH							
MID-AFTERNOON							
DINNER							

"YOU NEVER FAIL UNTIL YOU STOP TRYING."

- ALBERT EINSTEIN

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