



# The 24 Day CHALLENGE

LEAN OUT AND TONE UP

- ★ In **24 MINUTES** you will **FEEL** the difference!
- ★ In **24 HOURS** you will **KNOW** the difference!
- ★ In **24 DAYS** you will **SEE** the difference!

## 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

**Catalyst:** "Lipo-in-a-Bottle" for added toning

**Spark:** Sugar-free energy with mental focus and clarity

**Meal Replacement Shakes:** Protein to nourish muscle & support metabolism



### Days 11-24: MAX Pack



**MNS MAX 3:** Our top selling nutritional that does it all. Each strip pack includes probiotics, appetite control, energy, core nutrition, omega 3's, and more.

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**Spark:** Sugar-free energy with mental focus and clarity

**Meal Replacement Shakes:** Protein to nourish muscle & support metabolism



**NEW!**

**MNS MAX 3 Kit:** Simplify and save. Beach body in a box!