



# 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 \_\_\_\_\_

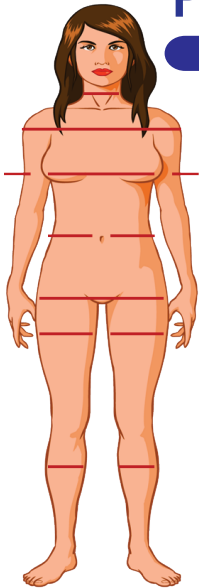
Hips \_\_\_\_\_

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

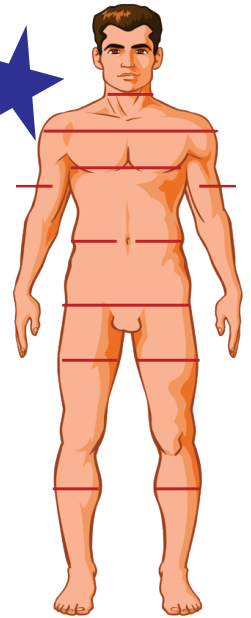
Calves: widest point

Arms: 1/2 way between shoulder & elbow

### Jean Size

### Weight

### BodyFat % (optional)



### 24-Day Challenge 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.



#### **Meal Replacement**

Add an extra box to use during your Cleanse Phase.



# cleanse 10-DAY CLEANSE PHASE

## 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>SPARK</b> (if needed)		
2 glasses of water with <b>FIBER DRINK</b> (days 1-3 and 8-10) and piece of fruit or <b>MEAL REPL. SHAKE</b>	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

#### MEAL REPLACEMENT SHAKES

Nutritious meal with 24 grams of high-quality protein that feeds your muscles, not fat. Use as breakfast or other meal.



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  
eat

Breakfast	Snack	Lunch	Snack	Dinner	Snack (if needed)
30 min Before Breakfast: <b>1st Color MNS Packet</b>	30 min Before Snack: <b>SPARK</b> (if needed) <b>3 CATALYST</b> (add-on)	30 min Before Lunch: <b>2nd Color MNS Packet</b>	30 min Before Snack: <b>SPARK</b> (if needed) <b>3 CATALYST</b> (add-on)		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</i> <i>AdvoCare Bar</i>
<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</i> <i>AdvoCare Bar</i>	<b>MNS White Packets</b> if not taken with breakfast  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</i> <i>AdvoCare Bar</i>	Protein with vegetables* (steak, chicken or fish with veggies of choice)  *Add rice or potato if needed	



## 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.



challenge  
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the 24 DAY  
CHALLENGE

## 24-Day Challenge: Maintenance

Continue to give your body the best tools needed to achieve and maintain your nutritional goals – lose weight, gain muscle, increase energy and improve your overall health & wellness!

Congratulations! You Finished the 24-Day Challenge...What's Next?

### 1. Continue using the MNS Metabolic Nutrition System

There are three versions of the MNS System. Which one is right for you?



- Need more Appetite Control? **MNS MAX C**
- Need Balance and Best All-Around Wellness? **MNS MAX 3**
- Need more Energy? **MNS MAX E**

### 2. Cleanse your body every 3-6 months



It is recommended to use the 10-Day Herbal Cleansing System every 3-6 months to help rid the body of toxins and waste, and to support improved digestion and thorough internal cleansing.

### 3. Consult with your Distributor

In addition to the products you've already taken during your 24-Day Challenge, a variety of other weight loss and wellness products are available to assist you! Contact your AdvoCare distributor to discuss the most appropriate product options for helping you achieve or maintain your goals.

- Meal Replacement Shakes
- Catalyst
- Spark
- Slim
- ThermoPlus
- LeptiLean



### How to Get Your Products?

1. Purchase directly from your distributor
2. Purchase online from your distributor's website at [www.advocare.com/ID#](http://www.advocare.com/ID#)  
Get the Distributor ID# from your distributor.

### Want to SAVE 20% or More On Your Products?



Sign up with AdvoCare and SAVE! When you sign up as a Distributor for only \$79, you can take immediate advantage of the 20-40% discount (the \$79 enrollment fee includes \$50 in products.) Contact your distributor for additional information and get started today!