



90-DAY #NaturalHealthRevolution CHALLENGE



ARE YOU READY FOR YOUR TRANSFORMATION?

We are facing the greatest famine our world has ever seen. This is not a famine of calories, but of nutrition. Numerous reports suggest that our crops contain only a fraction of the vitamins, minerals, and other benefits that they once did. More and more food is being robbed of its nutritional value in the name of convenience, better taste, and longer shelf life.

The Solution: a set of products that help 1) nourish, 2) restore, and 3) condition



SuperMix: filled with Moringa nutrition

XMburn: increases metabolism and suppresses appetite

Trim & Tone: helps increase metabolism and control cravings

Premium Tea: helps detoxify the body

Daily Tea: promotes a feeling of fullness

On the next page you'll find a Daily Regimen, which guides you through when to take each product, how to eat throughout the day, and when to exercise to maximize your efforts. We've also included a simple fitness plan to follow for all 90 days of the challenge.

A recent study* showed that those who kept a food diary lost 50% more weight than those who didn't. Being accountable to yourself is an important part of this process. Use the included Food Diary & Exercise Tracker to record your current and 90-day goal weight, daily exercise, and food and water intake each day.

Don't forget to take before, during, and after photos, then email them to success@zijacorp.com for a chance to be featured on our website and social media accounts and to be eligible to win prizes.

*Cleveland Clinic 2016

DAILY REGIMEN

MORNING

- Wake up and take 2 XMburn capsules on an empty stomach for energy before your morning workout.
- 15 minutes before breakfast, add SuperMix to 8-18 ounces of cold water, shake well, and drink for a boost of nutrition and appetite suppression.
- Eat a healthy, high-protein (30-45 grams) breakfast with 600 calories or less

AFTERNOON

- Eat a sensible lunch
- For a mid-day snack, blend, shake or briskly stir Plant Protein packet contents into 13-16 ounces of cold water until smooth and consume.

EVENING

- Drink 1 Daily Tea 15 minutes before dinner to help curb appetite
- Eat a sensible dinner with at least 45 grams of protein and less than 45 grams of carbohydrates
- Every 3 days drink 1 Premium Tea before bed to promote detoxification

DAILY

- Drink 64 oz. of water throughout the day with 1-2 drops of Améo Trim & Tone in each serving of 8-20 oz. of water to enjoy the oil blend's weight management benefits

SUBSTANCES TO AVOID

- High fructose corn syrup commonly found in soda, condiments, and many other liquids that have a sweet flavor
- Trans fats commonly found in fast food, processed foods, and artificially-fattened foods such as margarine

SUBSTANCES TO EMBRACE

- Essential fatty acids (Omega 3, 6, and 9) commonly found in foods such as avocados, olive oil, salmon, and Moringa oleifera
- Polyphenols (powerful anti-inflammatories that also protect cells from free radical damage) commonly found in foods such as Moringa oleifera, onions, and grapes

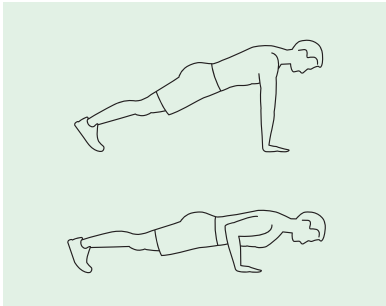
Use the chart to the right and the suggested exercises on the following pages.

DAY 1 STRENGTH TRAINING 30 MIN / LOWER BODY	DAY 2 CARDIO 30 MINUTES	DAY 3 STRENGTH TRAINING 30 MIN / UPPER BODY	DAY 4 CARDIO 40 MINUTES	DAY 5 STRENGTH TRAINING 30 MIN / FULL BODY	DAY 6 STRETCH
DAY 7 REST DAY	DAY 8 STRENGTH TRAINING 30 MIN / UPPER BODY	DAY 9 CARDIO 30 MINUTES	DAY 10 STRENGTH TRAINING 30 MIN / FULL BODY	DAY 11 CARDIO 35 MINUTES	DAY 12 STRENGTH TRAINING 30 MIN / LOWER BODY
DAY 13 STRETCH	DAY 14 REST DAY	DAY 15 STRENGTH TRAINING 30 MIN / FULL BODY	DAY 16 CARDIO 40 MINUTES	DAY 17 STRENGTH TRAINING 30 MIN / UPPER BODY	DAY 18 CARDIO 30 MINUTES
DAY 19 STRENGTH TRAINING 30 MIN / LOWER BODY	DAY 20 STRETCH	DAY 21 REST DAY	DAY 22 STRENGTH TRAINING 30 MIN / LOWER BODY	DAY 23 CARDIO 30 MINUTES	DAY 24 STRENGTH TRAINING 30 MIN / UPPER BODY
DAY 25 CARDIO 35 MINUTES	DAY 26 STRENGTH TRAINING 30 MIN / FULL BODY	DAY 27 STRETCH	DAY 28 REST DAY	DAY 29 STRENGTH TRAINING 30 MIN / UPPER BODY	DAY 30 CARDIO 40 MINUTES

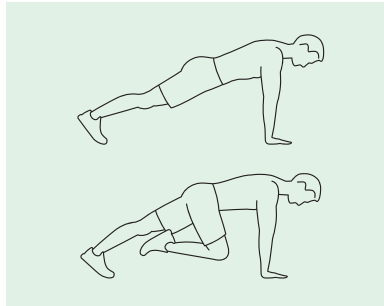
DAYS 1-30 FOLLOW AS DIRECTED | **DAYS 30-60** START AGAIN AT DAY 1, ADDING 10 MINUTES TO EACH LISTED TIME | **DAYS 60-90** START AGAIN AT DAY 1, ADDING 20 MINUTES TO EACH LISTED TIME

IDEAS FOR STRENGTH TRAINING

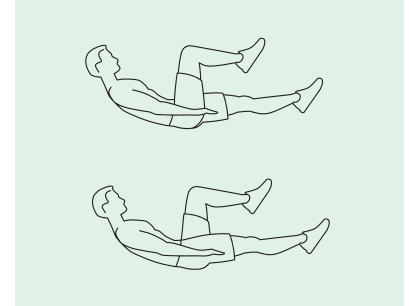
UPPER BODY



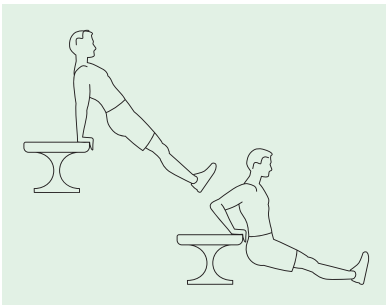
Push Ups



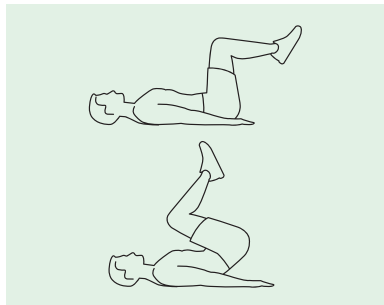
Mountain Climbers



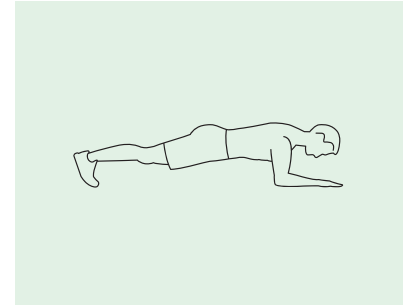
Air Bike Crunches



Tricep Dips

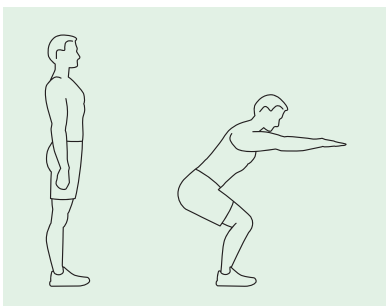


Reverse Crunches

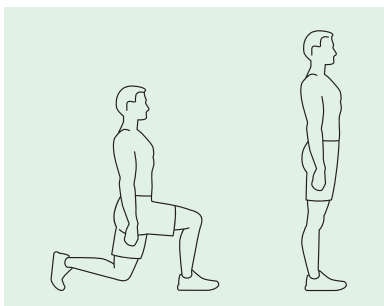


Hold Plank

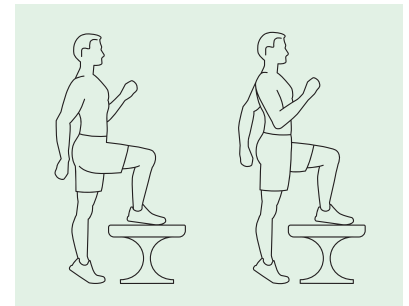
LOWER BODY



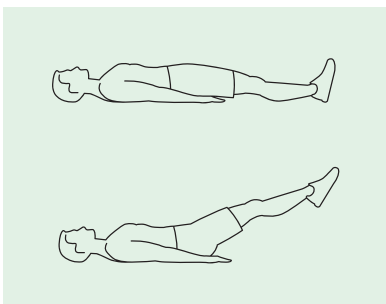
Squats



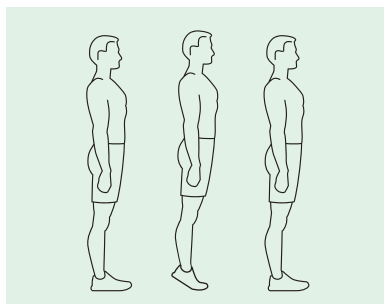
Walking Lunges



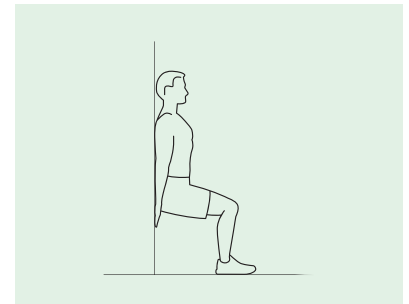
Step Ups



Leg Raises

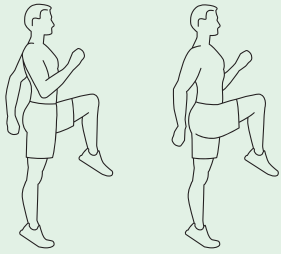


Calf Raises



Hold Wall Sit

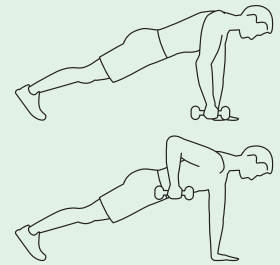
FULL BODY



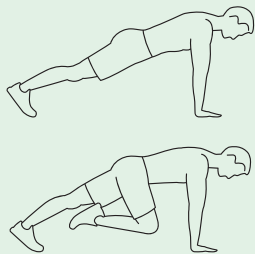
High Knees



Donkey Kicks



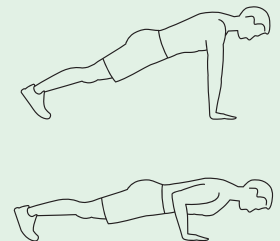
Dumbbell Plank Rows



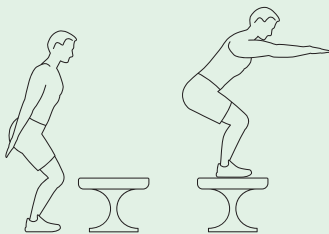
Mountain Climbers



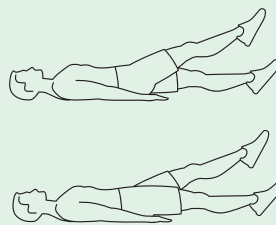
Hold Plank



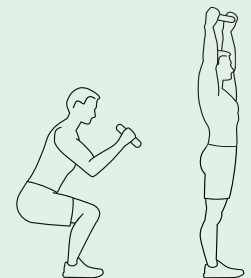
Push Ups



Box Jumps



Scissor Kicks



Weighted Squats / Presses

IDEAS FOR CARDIO

Swimming
Aerobics
Elliptical Training
Rowing
Stairclimber

Running/Jogging
Walking
Hiking
Cycling
Skiing/Snowboarding

Dancing
Racquetball
Tennis
Soccer
Basketball

FOOD DIARY & EXERCISE TRACKER

Date: _____

Day (1-90) : _____

Current Weight: _____

90-Day Goal Weight: _____

MEAL	FOOD / BEVERAGES	CALORIES
Breakfast: am/pm		
Snack #1: am/pm		
Lunch: am/pm		
Snack #2: am/pm		
Dinner: am/pm		
Snack #3: am/pm		

*Snacks should be no more than 300 calories each.

TOTAL CALORIES

Y N

Exercised? (At least 30 min)		
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Water Intake (8 oz portions)	1	2	3	4	5	6	7	8
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DAILY TIP: Use SmartMix to receive the benefits of Chicory Root Extract, a prebiotic that provides a feeling of fullness and stimulates healthy digestive function.

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TOTAL CALORIES

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Water Intake (8 oz portions)	1	2	3	4	5	6	7	8
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DAILY TIP: Add a few drops of Améo AGX Energy Essential Oil to SuperMix to increase energy levels.

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Day (1-90) : _____

Current Weight: _____

90-Day Goal Weight: _____

MEAL	FOOD / BEVERAGES	CALORIES
Breakfast: am/pm		
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DAILY TIP: Stretch regularly to increase blood flow to muscles, decrease risk of injuries, and enable your muscles to work more efficiently.

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Exercised? (At least 30 min)		
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Water Intake (8 oz portions)	1	2	3	4	5	6	7	8
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DAILY TIP: Take XMpm each evening to decrease sugar cravings that often arise in the evening hours.

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Day (1-90) : _____

Current Weight: _____

90-Day Goal Weight: _____

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Breakfast: am/pm		
Snack #1: am/pm		
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TOTAL CALORIES

Y N

Exercised? (At least 30 min)		
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Water Intake (8 oz portions)	1	2	3	4	5	6	7	8
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DAILY TIP: Kick-start your day, curb your appetite, and make smarter food choices throughout the day with XMam.

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Current Weight: _____

90-Day Goal Weight: _____

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DAILY TIP: Take one AGX Digest softgel in the morning and one in the evening daily with food and water to support normal digestive and intestinal function.

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Current Weight: _____

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TOTAL CALORIES

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Exercised? (At least 30 min)		
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Water Intake (8 oz portions)	1	2	3	4	5	6	7	8
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DAILY TIP: Consuming XMprotein will provide your body with protein and fiber to keep you fuller longer and maximize metabolic benefits.

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Date: _____

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Water Intake (8 oz portions)	1	2	3	4	5	6	7	8
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DAILY TIP: Add 2-3 drops of AGX Cleanse to your favorite drink and consume to aid in cleansing the digestive track.

FOOD DIARY & EXERCISE TRACKER

Date: _____

Day (1-90) : _____

Current Weight: _____

90-Day Goal Weight: _____

MEAL	FOOD / BEVERAGES	CALORIES
Breakfast: am/pm		
Snack #1: am/pm		
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Exercised? (At least 30 min)		
---------------------------------	--	--

Water Intake (8 oz portions)	1	2	3	4	5	6	7	8
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DAILY TIP: Use XM+ Energy Mix to receive the benefits of Natural Green Tea and Ginseng to aid in weight loss, appetite control, and increased metabolic energy.

FOOD DIARY & EXERCISE TRACKER

Date: _____

Day (1-90) : _____

Current Weight: _____

90-Day Goal Weight: _____

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Breakfast: am/pm		
Snack #1: am/pm		
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Exercised? (At least 30 min)		
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Water Intake (8 oz portions)	1	2	3	4	5	6	7	8
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DAILY TIP: Add a few drops of AGX Metabolism to an Améo Veggie Cap and consume to promote a normal metabolism.

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Day (1-90) : _____

Current Weight: _____

90-Day Goal Weight: _____

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Breakfast: am/pm		
Snack #1: am/pm		
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Water Intake (8 oz portions)	1	2	3	4	5	6	7	8
---------------------------------	---	---	---	---	---	---	---	---

DAILY TIP: Utilize Ripstix Ignite to initiate blood flow, heighten thermogenic response, and increase metabolic performance.

FOOD DIARY & EXERCISE TRACKER

Date: _____

Day (1-90) : _____

Current Weight: _____

90-Day Goal Weight: _____

MEAL	FOOD / BEVERAGES	CALORIES
Breakfast: am/pm		
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---------------------------------	---	---	---	---	---	---	---	---

DAILY TIP: For proper squat form, keep a back straight, abs engaged, and knees in line with toes while in bottom position.

FOOD DIARY & EXERCISE TRACKER

Date: _____

Day (1-90) : _____

Current Weight: _____

90-Day Goal Weight: _____

MEAL	FOOD / BEVERAGES	CALORIES
Breakfast: am/pm		
Snack #1: am/pm		
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TOTAL CALORIES

Y N

Exercised? (At least 30 min)		
---------------------------------	--	--

Water Intake (8 oz portions)	1	2	3	4	5	6	7	8
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DAILY TIP: Add a small amount of Améo Black Pepper oil to savory dishes, using proven recipes, to promote normal digestion.

FOOD DIARY & EXERCISE TRACKER

Date: _____

Day (1-90) : _____

Current Weight: _____

90-Day Goal Weight: _____

MEAL	FOOD / BEVERAGES	CALORIES
Breakfast: am/pm		
Snack #1: am/pm		
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TOTAL CALORIES

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Exercised? (At least 30 min)		
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Water Intake (8 oz portions)	1	2	3	4	5	6	7	8
---------------------------------	---	---	---	---	---	---	---	---

DAILY TIP: To soothe tired, overworked muscles, massage 1-3 drops of Améo Muscle Rub as needed.

FOOD DIARY & EXERCISE TRACKER

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Current Weight: _____

90-Day Goal Weight: _____

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Breakfast: am/pm		
Snack #1: am/pm		
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TOTAL CALORIES

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Exercised? (At least 30 min)		
---------------------------------	--	--

Water Intake (8 oz portions)	1	2	3	4	5	6	7	8
---------------------------------	---	---	---	---	---	---	---	---

DAILY TIP: Consuming XMprotein will promote lean muscle development by replenishing your body's energy supplies and rebuilding muscle fibers post-workout.

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Current Weight: _____

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---------------------------------	--	--

Water Intake (8 oz portions)	1	2	3	4	5	6	7	8
---------------------------------	---	---	---	---	---	---	---	---

DAILY TIP: Add 2-3 drops of Améo Grapefruit oil to Daily Tea or Premium Tea to promote healthy immune system function.

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Day (1-90) : _____

Current Weight: _____

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Breakfast: am/pm		
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TOTAL CALORIES

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Exercised? (At least 30 min)		
---------------------------------	--	--

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---------------------------------	---	---	---	---	---	---	---	---

DAILY TIP: Use Ripstix Fuel to replenish your body with needed electrolytes during your exercise sessions.

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Day (1-90) : _____

Current Weight: _____

90-Day Goal Weight: _____

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Exercised? (At least 30 min)		
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Water Intake (8 oz portions)	1	2	3	4	5	6	7	8
---------------------------------	---	---	---	---	---	---	---	---

DAILY TIP: Take XMpm to provide your body with one of its beneficial ingredients, Atlantic Sea Kelp; it aids in digestion and weight loss.

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Day (1-90) : _____

Current Weight: _____

90-Day Goal Weight: _____

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TOTAL CALORIES

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Exercised? (At least 30 min)		
---------------------------------	--	--

Water Intake (8 oz portions)	1	2	3	4	5	6	7	8
---------------------------------	---	---	---	---	---	---	---	---

DAILY TIP: Add 2-3 drops of Améo Lemon oil to SuperMix, Daily Tea, or Premium Tea to aid in digestion, boost your metabolism, and provide rich antioxidants.

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Date: _____

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MEAL	FOOD / BEVERAGES	CALORIES
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Water Intake (8 oz portions)	1	2	3	4	5	6	7	8
---------------------------------	---	---	---	---	---	---	---	---

DAILY TIP: Use SmartMix to receive the benefits of FoTi Root Extract to help remove toxins from the body.

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DAILY TIP: Remove lactic acid from muscles and provide lubrication and protection to joints and cartilage post-workout with Ripstix Recover.

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TOTAL CALORIES

Y N

Exercised? (At least 30 min)		
---------------------------------	--	--

Water Intake (8 oz portions)	1	2	3	4	5	6	7	8
---------------------------------	---	---	---	---	---	---	---	---

DAILY TIP: Receive natural caffeine from XM+ Energy Mix, which delivers energy that is fast-acting and long-lasting.

FOOD DIARY & EXERCISE TRACKER

Date: _____

Day (1-90) : _____

Current Weight: _____

90-Day Goal Weight: _____

MEAL	FOOD / BEVERAGES	CALORIES
Breakfast: am/pm		
Snack #1: am/pm		
Lunch: am/pm		
Snack #2: am/pm		
Dinner: am/pm		
Snack #3: am/pm		

*Snacks should be no more than 300 calories each.

TOTAL CALORIES

Y N

Exercised? (At least 30 min)		
---------------------------------	--	--

Water Intake (8 oz portions)	1	2	3	4	5	6	7	8
---------------------------------	---	---	---	---	---	---	---	---

DAILY TIP: To complete proper pushups keep your hands slightly wider than shoulder-width apart and maintain a flat back.

FOOD DIARY & EXERCISE TRACKER

Date: _____

Day (1-90) : _____

Current Weight: _____

90-Day Goal Weight: _____

MEAL	FOOD / BEVERAGES	CALORIES
Breakfast: am/pm		
Snack #1: am/pm		
Lunch: am/pm		
Snack #2: am/pm		
Dinner: am/pm		
Snack #3: am/pm		

*Snacks should be no more than 300 calories each.

TOTAL CALORIES

Y N

Exercised? (At least 30 min)		
---------------------------------	--	--

Water Intake (8 oz portions)	1	2	3	4	5	6	7	8
---------------------------------	---	---	---	---	---	---	---	---

DAILY TIP: Keep a pitcher of Ripstix Hydrate ready to drink in place of sodas and other unhealthy sports drinks.

FOOD DIARY & EXERCISE TRACKER

Date: _____

Day (1-90) : _____

Current Weight: _____

90-Day Goal Weight: _____

MEAL	FOOD / BEVERAGES	CALORIES
Breakfast: am/pm		
Snack #1: am/pm		
Lunch: am/pm		
Snack #2: am/pm		
Dinner: am/pm		
Snack #3: am/pm		

*Snacks should be no more than 300 calories each.

TOTAL CALORIES

Y N

Exercised? (At least 30 min)		
---------------------------------	--	--

Water Intake (8 oz portions)	1	2	3	4	5	6	7	8
---------------------------------	---	---	---	---	---	---	---	---

DAILY TIP: Diffuse Améo Peppermint oil throughout the day to invigorate your senses and alertness.

FOOD DIARY & EXERCISE TRACKER

Date: _____

Day (1-90) : _____

Current Weight: _____

90-Day Goal Weight: _____

MEAL	FOOD / BEVERAGES	CALORIES
Breakfast: am/pm		
Snack #1: am/pm		
Lunch: am/pm		
Snack #2: am/pm		
Dinner: am/pm		
Snack #3: am/pm		

*Snacks should be no more than 300 calories each.

TOTAL CALORIES

Y N

Exercised? (At least 30 min)		
---------------------------------	--	--

Water Intake (8 oz portions)	1	2	3	4	5	6	7	8
---------------------------------	---	---	---	---	---	---	---	---

DAILY TIP: Add a few drops of AGX Cleanse to an Améo Veggie Cap and take by mouth in addition to your normal detoxification regimen.

FOOD DIARY & EXERCISE TRACKER

Date: _____

Day (1-90) : _____

Current Weight: _____

90-Day Goal Weight: _____

MEAL	FOOD / BEVERAGES	CALORIES
Breakfast: am/pm		
Snack #1: am/pm		
Lunch: am/pm		
Snack #2: am/pm		
Dinner: am/pm		
Snack #3: am/pm		

*Snacks should be no more than 300 calories each.

TOTAL CALORIES

Y N

Exercised? (At least 30 min)		
---------------------------------	--	--

Water Intake (8 oz portions)	1	2	3	4	5	6	7	8
---------------------------------	---	---	---	---	---	---	---	---

DAILY TIP: Place 1-2 drops of Améo Tangerine oil in your water and drink twice daily to detoxify and cleanse the digestive system.

FOOD DIARY & EXERCISE TRACKER

Date: _____

Day (1-90) : _____

Current Weight: _____

90-Day Goal Weight: _____

MEAL	FOOD / BEVERAGES	CALORIES
Breakfast: am/pm		
Snack #1: am/pm		
Lunch: am/pm		
Snack #2: am/pm		
Dinner: am/pm		
Snack #3: am/pm		

*Snacks should be no more than 300 calories each.

Y N		TOTAL CALORIES

Exercised? (At least 30 min)		
---------------------------------	--	--

Water Intake (8 oz portions)	1	2	3	4	5	6	7	8
---------------------------------	---	---	---	---	---	---	---	---

DAILY TIP: The Natural Desert Tea found in XM+ Energy Mix can provide improved cardiovascular capacity, oxygenation, and circulation.

FOOD DIARY & EXERCISE TRACKER

Date: _____

Day (1-90) : _____

Current Weight: _____

90-Day Goal Weight: _____

MEAL	FOOD / BEVERAGES	CALORIES
Breakfast: am/pm		
Snack #1: am/pm		
Lunch: am/pm		
Snack #2: am/pm		
Dinner: am/pm		
Snack #3: am/pm		

*Snacks should be no more than 300 calories each.

TOTAL CALORIES

Y N

Exercised? (At least 30 min)		
---------------------------------	--	--

Water Intake (8 oz portions)	1	2	3	4	5	6	7	8
---------------------------------	---	---	---	---	---	---	---	---

DAILY TIP: Add a few drops of Améo AGX Energy Oil to SuperMix to assist in energy levels.

FOOD DIARY & EXERCISE TRACKER

Date: _____

Day (1-90) : _____

Current Weight: _____

90-Day Goal Weight: _____

MEAL	FOOD / BEVERAGES	CALORIES
Breakfast: am/pm		
Snack #1: am/pm		
Lunch: am/pm		
Snack #2: am/pm		
Dinner: am/pm		
Snack #3: am/pm		

*Snacks should be no more than 300 calories each.

TOTAL CALORIES

Y N

Exercised? (At least 30 min)		
---------------------------------	--	--

Water Intake (8 oz portions)	1	2	3	4	5	6	7	8
---------------------------------	---	---	---	---	---	---	---	---

DAILY TIP: It's much easier to meet your health and fitness goals if you find a friend or family member to work out and eat healthy with.