



The 24 Day CHALLENGE

LEAN OUT AND TONE UP

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

OmegaPlex: Essential fatty acids for increased overall wellness



Spark: Sugar-free energy with mental focus and clarity



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.

Spark: Sugar-free energy with mental focus and clarity



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

Meal Replacement Shakes: High protein meal that nourishes muscle & supports metabolism



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

Includes: MNS MAX 3 • Spark • Meal Replacement Shakes