



# The 24 Day

# CHALLENGE

LEAN OUT AND TONE UP

Minimize your Efforts  
Maximize your results

- ★ 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

**Omega:** Superior source of omega-3 fatty acids

**LeptiLean:** Helps promote a feeling of fullness and satiety



### Days 11-24: Max Pack

**MNS MAX 3 Kit:** Supports advanced core nutrition and wellness

included: Spark - Meal Replacement Shakes, MNS 3 Daily Vitamin Packets

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

**ThermoPlus:** Supports the body's ability to convert fat into energy

**LeptiLean:** Helps promote a feeling of fullness and satiety

