

# WEEK ONE

# TruHealth™ 30-Day Fat-Loss System Tracker

Our Fat-Loss System Tracker provides you with guidelines to plan out your week. To help you stay on track for a healthy lifestyle.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST	<input type="checkbox"/> 1 TruPLENISH™ Shake	<input type="checkbox"/> 1 TruPLENISH Shake	<input type="checkbox"/> 1 TruPLENISH Shake	<input type="checkbox"/> 1 TruPLENISH Shake	<input type="checkbox"/> 1 TruPLENISH Shake	<input type="checkbox"/> 1 TruPLENISH Shake	<input type="checkbox"/> 1 TruPLENISH Shake
SNACK							
LUNCH	<input type="checkbox"/> 1 TruPLENISH Shake or Low-Glycemic Meal	<input type="checkbox"/> 1 TruPLENISH Shake or Low-Glycemic Meal	<input type="checkbox"/> 1 TruPLENISH Shake or Low-Glycemic Meal	<input type="checkbox"/> 1 TruPLENISH Shake or Low-Glycemic Meal	<input type="checkbox"/> 1 TruPLENISH Shake or Low-Glycemic Meal	<input type="checkbox"/> 1 TruPLENISH Shake or Low-Glycemic Meal	<input type="checkbox"/> 1 TruPLENISH Shake or Low-Glycemic Meal
SNACK							
DINNER	<input type="checkbox"/> Low-Glycemic Meal	<input type="checkbox"/> Low-Glycemic Meal	<input type="checkbox"/> Low-Glycemic Meal	<input type="checkbox"/> Low-Glycemic Meal	<input type="checkbox"/> Low-Glycemic Meal	<input type="checkbox"/> Low-Glycemic Meal	<input type="checkbox"/> Cheat Meal

ENJOY UNLIMITED VEGETABLES THROUGHOUT THE DAY DURING THE ENTIRE PROGRAM

## DAILY SUPPLEMENTS

<input type="checkbox"/> 1 TruSHAPE fat-loss capsule	<input type="checkbox"/> 1 TruSHAPE fat-loss capsule	<input type="checkbox"/> 1 TruSHAPE fat-loss capsule	<input type="checkbox"/> 1 TruSHAPE fat-loss capsule	<input type="checkbox"/> 1 TruSHAPE fat-loss capsule	<input type="checkbox"/> 1 TruSHAPE fat-loss capsule	<input type="checkbox"/> 1 TruSHAPE fat-loss capsule
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## WEEKLY MEASUREMENTS

Date: \_\_\_\_\_

Chest: \_\_\_\_\_ cm

Hips: \_\_\_\_\_ cm

Weight: \_\_\_\_\_ kg

Waist: \_\_\_\_\_ cm

Thighs: \_\_\_\_\_ cm

# WEEK TWO

# TruHealth™ 30-Day Fat-Loss System Tracker

Our Fat-Loss System Tracker provides you with guidelines to plan out your week. To help you stay on track for a healthy lifestyle.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	
BREAKFAST	<input type="checkbox"/> 1 TruPLENISH™ Shake	<input type="checkbox"/> 1 TruPLENISH Shake	<input type="checkbox"/> 1 TruPLENISH Shake	<input type="checkbox"/> 1 TruPLENISH Shake	<input type="checkbox"/> 1 TruPLENISH Shake	<input type="checkbox"/> 1 TruPLENISH Shake	<input type="checkbox"/> 1 TruPLENISH Shake	
SNACK								
LUNCH	<input type="checkbox"/> 1 TruPLENISH Shake or Low-Glycemic Meal	<input type="checkbox"/> 1 TruPLENISH Shake or Low-Glycemic Meal	<input type="checkbox"/> 1 TruPLENISH Shake or Low-Glycemic Meal	<input type="checkbox"/> 1 TruPLENISH Shake or Low-Glycemic Meal	<input type="checkbox"/> 1 TruPLENISH Shake or Low-Glycemic Meal	<input type="checkbox"/> 1 TruPLENISH Shake or Low-Glycemic Meal	<input type="checkbox"/> 1 TruPLENISH Shake or Low-Glycemic Meal	
SNACK								
DINNER	<input type="checkbox"/> Low-Glycemic Meal	<input type="checkbox"/> Low-Glycemic Meal	<input type="checkbox"/> Low-Glycemic Meal	<input type="checkbox"/> Low-Glycemic Meal	<input type="checkbox"/> Low-Glycemic Meal	<input type="checkbox"/> Low-Glycemic Meal	<input type="checkbox"/> Cheat Meal	
ENJOY UNLIMITED VEGETABLES THROUGHOUT THE DAY DURING THE ENTIRE PROGRAM								
DAILY SUPPLEMENTS								
	<input type="checkbox"/> 1 TruSHAPE fat-loss capsule	<input type="checkbox"/> 1 TruSHAPE fat-loss capsule	<input type="checkbox"/> 1 TruSHAPE fat-loss capsule	<input type="checkbox"/> 1 TruSHAPE fat-loss capsule	<input type="checkbox"/> 1 TruSHAPE fat-loss capsule	<input type="checkbox"/> 1 TruSHAPE fat-loss capsule	<input type="checkbox"/> 1 TruSHAPE fat-loss capsule	
WEEKLY MEASUREMENTS			Date: _____		Chest: _____ cm		Hips: _____ cm	
			Weight: _____ kg		Waist: _____ cm		Thighs: _____ cm	

# WEEK THREE

# TruHealth™ 30-Day Fat-Loss System Tracker

Our Fat-Loss System Tracker provides you with guidelines to plan out your week. To help you stay on track for a healthy lifestyle.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST	<input type="checkbox"/> 1 TruPLENISH™ Shake	<input type="checkbox"/> 1 TruPLENISH Shake	<input type="checkbox"/> 1 TruPLENISH Shake	<input type="checkbox"/> 1 TruPLENISH Shake	<input type="checkbox"/> 1 TruPLENISH Shake	<input type="checkbox"/> 1 TruPLENISH Shake	<input type="checkbox"/> 1 TruPLENISH Shake
SNACK							
LUNCH	<input type="checkbox"/> 1 TruPLENISH Shake or Low-Glycemic Meal	<input type="checkbox"/> 1 TruPLENISH Shake or Low-Glycemic Meal	<input type="checkbox"/> 1 TruPLENISH Shake or Low-Glycemic Meal	<input type="checkbox"/> 1 TruPLENISH Shake or Low-Glycemic Meal	<input type="checkbox"/> 1 TruPLENISH Shake or Low-Glycemic Meal	<input type="checkbox"/> 1 TruPLENISH Shake or Low-Glycemic Meal	<input type="checkbox"/> 1 TruPLENISH Shake or Low-Glycemic Meal
SNACK							
DINNER	<input type="checkbox"/> Low-Glycemic Meal	<input type="checkbox"/> Low-Glycemic Meal	<input type="checkbox"/> Low-Glycemic Meal	<input type="checkbox"/> Low-Glycemic Meal	<input type="checkbox"/> Low-Glycemic Meal	<input type="checkbox"/> Low-Glycemic Meal	<input type="checkbox"/> Cheat Meal

ENJOY UNLIMITED VEGETABLES THROUGHOUT THE DAY DURING THE ENTIRE PROGRAM

## DAILY SUPPLEMENTS

<input type="checkbox"/> 1 TruSHAPE fat-loss capsule	<input type="checkbox"/> 1 TruSHAPE fat-loss capsule	<input type="checkbox"/> 1 TruSHAPE fat-loss capsule	<input type="checkbox"/> 1 TruSHAPE fat-loss capsule	<input type="checkbox"/> 1 TruSHAPE fat-loss capsule	<input type="checkbox"/> 1 TruSHAPE fat-loss capsule	<input type="checkbox"/> 1 TruSHAPE fat-loss capsule
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## WEEKLY MEASUREMENTS

Date: \_\_\_\_\_

Chest: \_\_\_\_\_ cm

Hips: \_\_\_\_\_ cm

Weight: \_\_\_\_\_ kg

Waist: \_\_\_\_\_ cm

Thighs: \_\_\_\_\_ cm

# WEEK FOUR

# TruHealth™ 30-Day Fat-Loss System Tracker

Our Fat-Loss System Tracker provides you with guidelines to plan out your week. To help you stay on track for a healthy lifestyle.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST	<input type="checkbox"/> 1 TruPLENISH™ Shake	<input type="checkbox"/> 1 TruPLENISH Shake	<input type="checkbox"/> 1 TruPLENISH Shake	<input type="checkbox"/> 1 TruPLENISH Shake	<input type="checkbox"/> 1 TruPLENISH Shake	<input type="checkbox"/> 1 TruPLENISH Shake	<input type="checkbox"/> 1 TruPLENISH Shake
SNACK							
LUNCH	<input type="checkbox"/> 1 TruPLENISH Shake or Low-Glycemic Meal	<input type="checkbox"/> 1 TruPLENISH Shake or Low-Glycemic Meal	<input type="checkbox"/> 1 TruPLENISH Shake or Low-Glycemic Meal	<input type="checkbox"/> 1 TruPLENISH Shake or Low-Glycemic Meal	<input type="checkbox"/> 1 TruPLENISH Shake or Low-Glycemic Meal	<input type="checkbox"/> 1 TruPLENISH Shake or Low-Glycemic Meal	<input type="checkbox"/> 1 TruPLENISH Shake or Low-Glycemic Meal
SNACK							
DINNER	<input type="checkbox"/> Low-Glycemic Meal	<input type="checkbox"/> Low-Glycemic Meal	<input type="checkbox"/> Low-Glycemic Meal	<input type="checkbox"/> Low-Glycemic Meal	<input type="checkbox"/> Low-Glycemic Meal	<input type="checkbox"/> Low-Glycemic Meal	<input type="checkbox"/> Cheat Meal

ENJOY UNLIMITED VEGETABLES THROUGHOUT THE DAY DURING THE ENTIRE PROGRAM

## DAILY SUPPLEMENTS

1 TruSHAPE fat-loss capsule     1 TruSHAPE fat-loss capsule     1 TruSHAPE fat-loss capsule     1 TruSHAPE fat-loss capsule     1 TruSHAPE fat-loss capsule     1 TruSHAPE fat-loss capsule     1 TruSHAPE fat-loss capsule

## WEEKLY MEASUREMENTS

Date: \_\_\_\_\_

Chest: \_\_\_\_\_ cm

Hips: \_\_\_\_\_ cm

Weight: \_\_\_\_\_ kg

Waist: \_\_\_\_\_ cm

Thighs: \_\_\_\_\_ cm

Our Fat-Loss System Tracker provides you with guidelines to plan out your week. To help you stay on track for a healthy lifestyle.

## CONTINUING YOUR TRANSFORMATION

	DAY 29	DAY 30
BREAKFAST	<input type="checkbox"/> 1 TruPLENISH™ Shake	<input type="checkbox"/> 1 TruPLENISH Shake
SNACK	_____	_____
LUNCH	<input type="checkbox"/> 1 TruPLENISH Shake or Low-Glycemic Meal	<input type="checkbox"/> 1 TruPLENISH Shake or Low-Glycemic Meal
SNACK	_____	_____
DINNER	<input type="checkbox"/> Low-Glycemic Meal	<input type="checkbox"/> Low-Glycemic Meal

ENJOY UNLIMITED VEGETABLES THROUGHOUT THE DAY DURING THE ENTIRE PROGRAM

### DAILY DAY SUPPLEMENTS

1 TruSHAPE fat-loss capsule       1 TruSHAPE fat-loss capsule

### WEEKLY MEASUREMENTS

Losing weight and maintaining a healthy lifestyle doesn't happen overnight. With the help of this system, you have to get to the point where healthy is your new normal, and that involves continuous work.

If your progress seems slow at first, don't give up! This is a long-term commitment to health, not a short fix.

If you stay dedicated to the system, it will get easier. As it does, you will begin to see and feel a real difference, both physically and mentally. Once you reach your original goals, it's important to follow a maintenance program for long-term sustainability.

Use our helpful lifestyle maintenance recommendations below to help you transition to and through your new normal:

- Enjoy 1–2 TruPLENISH Shakes per day.
- Include healthy snacks in your meal plan and eat as many fruits and vegetables as you'd like.
- Use 1–2 TruPURE cleanse slimsticks per day.
- Drink plenty of water every day to stay hydrated.
- Exercise regularly.

Remember, creating a new, healthy lifestyle won't be easy, but with this tracker and the support from your friends and family (and us), you can take back your life!

Date: \_\_\_\_\_

Chest: \_\_\_\_\_ cm

Hips: \_\_\_\_\_ cm

Weight: \_\_\_\_\_ kg

Waist: \_\_\_\_\_ cm

Thighs: \_\_\_\_\_ cm