

Shaklee 5-day Life-Reset Challenge: Goal _____

BEFORE Life-Reset: Weight _____ lbs, Waist _____ in, Hips _____ in, Body Fat _____ %, Date ____/____/____

AFTER Life-Reset: Weight _____ lbs, Waist _____ in, Hips _____ in, Body Fat _____ %, Date: ____/____/____

HOW IT WORKS: Each day before bed, try to answer YES to as many questions as possible. Send completed sheet to your coach. Focus on improving one thing each day. **Body Fat Calculator:** <http://www.healthstatus.com/calculate/body-fat-calculator-army>

DAILY HABITS TO BE FIT		Day__ MON	Day__ TUE	Day__ WED	Day__ THU	Day__ FRI	Day__ SAT	Day__ SUN	Week Total
#1	NUTRITION: Did you have 3 Shaklee Life Shakes (or equivalent) and 2-3 snacks that are high in both protein and fiber?								
#2	WATER: Did you drink half your weight in ounces of water? Hydrate first thing in the morning with Detox Lemonade or lemon water.								
#3	STRENGTH: Did you do at least 5 minutes of resistance exercises? i.e. Wall-sit, plank, squat, lunge, supergirl, abs/core, glute bridge.								
#4	TRACK: Did you log your food and activities? i.e. My Fitness Pal, Lose It, or your favorite tracking app.								
OPTIONAL HEALTHY CLEANSE									
#5	A.M. DETOX: Did you take any of these... drink the Wakeup Detox Lemonade, 5-10 Alfalfa, 1 Stress Relief, 1 Liver DTX (omit if nursing)?								
#6	P.M. DETOX: Did you take any of these... 5-10 Alfalfa, 1-4 Herb-Lax, 1 Stress Relief, 2 Liver DTX (omit if nursing), 2 Garlic Complex?								
BONUS									
#7	SLEEP: Did you sleep at least 7 hours the night before?								
#8	STEPS: Did you walk at least 5 miles or 10,000 steps?								
#9	MOVEMENT: Did you sit for less than 5 hours? Or, did you get up to walk for at least a minute every hour for any 12 hours?								
#10	NUTRITION—VEGGIES & FRUIT: Did you eat at least 3 servings of dark green veggies and 3 servings of other rainbow-color produce?								
#11	MANAGE STRESS: Did you have fun or relax for at least 5 minutes? i.e. read, dance, play, yoga, deep breaths, long bath, massage, music.								
#12	NUTRITION—FILL IN THE GAPS: Did you take a quality multivitamin? i.e. Shaklee multi (Vita-Lea) or nutrient strip (Vitalizer or Life-strip).								