



The 24 Day CHALLENGE

LEAN OUT AND TONE UP

- ★ 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



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.

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



NEW!

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