

THE 15 DAY CHALLENGE™



START DATE _____

HOW I PLAN TO IMPROVE _____

1. _____

2. _____

3. _____

THINGS I PLAN ON DOING TO MAKE THESE 15 DAYS GREAT _____

AT HOME: _____

AT WORK: _____

WITH FAMILY & FRIENDS: _____

IN MY RELATIONSHIPS: _____

BIG WINS DURING THIS CHALLENGE _____

CELEBRATE!

☐
☐
☐
☐

5 DAY REVIEW

STAYED ON TRACK: Y N

PROGRESS: _____

10 DAY REVIEW

STAYED ON TRACK: Y N

PROGRESS: _____

15 DAY REVIEW

STAYED ON TRACK: Y N

PROGRESS: _____



TOTAL LIFE CHANGES®
HOME OF

THE 15 DAY CHALLENGE™

WATER	Y	N
30 MIN OF EXERCISE	Y	N
NRG	Y	N
NUTRABURST	Y	N
IASO TEA	Y	N

NOTES:

WATER	Y	N
30 MIN OF EXERCISE	Y	N
NRG	Y	N
NUTRABURST	Y	N
IASO TEA	Y	N

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WATER	Y	N
30 MIN OF EXERCISE	Y	N
NRG	Y	N
NUTRABURST	Y	N
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WATER	Y	N
30 MIN OF EXERCISE	Y	N
NRG	Y	N
NUTRABURST	Y	N
IASO TEA	Y	N

NOTES:

5 DAY RECAP:

[illegible]



TOTAL LIFE CHANGES®
HOME OF

THE 15 DAY CHALLENGE™

WATER	Y	N
30 MIN OF EXERCISE	Y	N
NRG	Y	N
NUTRABURST	Y	N
JASO TEA	Y	N

NOTES:

WATER	Y	N
30 MIN OF EXERCISE	Y	N
NRG	Y	N
NUTRABURST	Y	N
JASO TEA	Y	N

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WATER	Y	N
30 MIN OF EXERCISE	Y	N
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NOTES:

5 DAY RECAP:

[illegible]