

24 Day Challenge Schedule:

Cleanse Phase: Herbal Cleanse, Spark, OmegaPlex

Stage 1: Day 1: _____
 Spark as needed. _____
 Fiber drink with breakfast or first meal: _____
 4-6 OmegaPlex with Dinner: _____
 Herbal Cleanse Packet before bed: _____
 Day 2: _____
 Spark as needed. _____
 Fiber drink with breakfast or first meal: _____
 4-6 OmegaPlex with Dinner: _____
 Herbal Cleanse Packet before bed: _____
 Day 3: _____
 Spark as needed. _____
 Fiber drink with breakfast or first meal: _____
 4-6 OmegaPlex with Dinner: _____
 Herbal Cleanse Packet before bed: _____

Stage 2: Day 4: _____
 Spark as needed. _____
 Probiotic Restore Packet upon rising: _____
 4-6 OmegaPlex with Dinner: _____
 Herbal Cleanse Packet before bed: _____
 Day 5: _____
 Spark as needed. _____
 Probiotic Restore Packet upon rising: _____
 4-6 OmegaPlex with Dinner: _____
 Herbal Cleanse Packet before bed: _____
 Day 6: _____
 Spark as needed. _____
 Probiotic Restore Packet upon rising: _____
 4-6 OmegaPlex with Dinner: _____
 Herbal Cleanse Packet before bed: _____
 Day 7: _____
 Spark as needed. _____
 Probiotic Restore Packet upon rising: _____
 Herbal Cleanse Packet before bed: _____

Stage 3: Day 8: _____
 Spark as needed. _____
 Probiotic Restore Packet upon rising: _____
 Fiber drink with breakfast or first meal: _____
 4-6 OmegaPlex with Dinner: _____
 Day 9: _____
 Spark as needed. _____
 Probiotic Restore Packet upon rising: _____
 Fiber drink with breakfast or first meal: _____
 4-6 OmegaPlex with Dinner: _____
 Day 10: _____
 Spark as needed. _____
 Probiotic Restore Packet upon rising: _____
 Fiber drink with breakfast or first meal: _____
 4-6 OmegaPlex with Dinner: _____



Also Consider...

...Breakfast



220 Calories & tastes amazing
 25g Carbs & 25g Protein
 5g Fiber w/50% DV Calcium

...Between meals or Pre-Exercise: 3-6 caps



2:1:1 ratio of Amino Acids
 Surgical Grade
 Feeds & Preserves Muscle
 Starves Fat

Date	
Weight	
Right Arm	
Shoulders	
Chest	
Waist	
Hips	
Right Thigh	
Right Calf	
TOTAL Inches	

Max Phase:

Day 11: _____
 Spark as needed. _____
 MNS Pack 1: 30 min before Meal Rep. Shake: _____
 MNS Pack 3 & 4 with Meal Rep. Shake: _____
 MNS Pack 2: 30 min before lunch: _____

Day 12: _____
 Spark as needed. _____
 MNS Pack 1: 30 min before Meal Rep. Shake: _____
 MNS Pack 3 & 4 with Meal Rep. Shake: _____
 MNS Pack 2: 30 min before lunch: _____

Day 13: _____
 Spark as needed. _____
 MNS Pack 1: 30 min before Meal Rep. Shake: _____
 MNS Pack 3 & 4 with Meal Rep. Shake: _____
 MNS Pack 2: 30 min before lunch: _____

Day 14: _____
 Spark as needed. _____
 MNS Pack 1: 30 min before Meal Rep. Shake: _____
 MNS Pack 3 & 4 with Meal Rep. Shake: _____
 MNS Pack 2: 30 min before lunch: _____

Day 15: _____
 Spark as needed. _____
 MNS Pack 1: 30 min before Meal Rep. Shake: _____
 MNS Pack 3 & 4 with Meal Rep. Shake: _____
 MNS Pack 2: 30 min before lunch: _____

Day 16: _____
 Spark as needed. _____
 MNS Pack 1: 30 min before Meal Rep. Shake: _____
 MNS Pack 3 & 4 with Meal Rep. Shake: _____
 MNS Pack 2: 30 min before lunch: _____

Day 17: _____ - **RE ORDER MAX PHASE**
 Spark as needed. _____
 MNS Pack 1: 30 min before Meal Rep. Shake: _____
 MNS Pack 3 & 4 with Meal Rep. Shake: _____
 MNS Pack 2: 30 min before lunch: _____

Day 18: _____
 Spark as needed. _____
 MNS Pack 1: 30 min before Meal Rep. Shake: _____
 MNS Pack 3 & 4 with Meal Rep. Shake: _____
 MNS Pack 2: 30 min before lunch: _____

Day 19: _____
 Spark as needed. _____
 MNS Pack 1: 30 min before Meal Rep. Shake: _____
 MNS Pack 3 & 4 with Meal Rep. Shake: _____
 MNS Pack 2: 30 min before lunch: _____

Day 20: _____
 Spark as needed. _____
 MNS Pack 1: 30 min before Meal Rep. Shake: _____
 MNS Pack 3 & 4 with Meal Rep. Shake: _____
 MNS Pack 2: 30 min before lunch: _____

Day 21: _____
 Spark as needed. _____
 MNS Pack 1: 30 min before Meal Rep. Shake: _____
 MNS Pack 3 & 4 with Meal Rep. Shake: _____
 MNS Pack 2: 30 min before lunch: _____

Day 22: _____
 Spark as needed. _____
 MNS Pack 1: 30 min before Meal Rep. Shake: _____
 MNS Pack 3 & 4 with Meal Rep. Shake: _____
 MNS Pack 2: 30 min before lunch: _____

Day 23: _____
 Spark as needed. _____
 MNS Pack 1: 30 min before Meal Rep. Shake: _____
 MNS Pack 3 & 4 with Meal Rep. Shake: _____
 MNS Pack 2: 30 min before lunch: _____

Day 24: _____
 Spark as needed. _____
 MNS Pack 1: 30 min before Meal Rep. Shake: _____
 MNS Pack 3 & 4 with Meal Rep. Shake: _____
 MNS Pack 2: 30 min before lunch: _____

Also Consider...



Converts fat to energy
 Boost metabolism
 Suppress appetite
 Take pre-exercise or
 with MNS Packs 1&2



...OR



Promotes fullness
 Boost metabolism
 Suppress appetite
 Caffeine Free
 Take 30 min
 before dinner

Great tasting & fast acting
 Portable for travel
 Caffeine Free
 Boosts Metabolism
 Suppress appetite
 Boosts Energy
 Take 30 min before dinner

Date	
Weight	
Right Arm	
Shoulders	
Chest	
Waist	
Hips	
Right Thigh	
Right Calf	
TOTAL Inches	
WEIGHT CHANGE	
INCHES CHANGE	
PANT SIZE CHANGE	