TOTAL LIFE CHANGES®
HOME OF

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	10 DAY REVIEW	15 DAY REVIEW
STAYED ON TRACK: Y N	**STAYED ON TRACK: Y N**	**STAYED ON TRACK: Y N**
PROGRESS:	**PROGRESS:**	**PROGRESS:**

MY DAILY RECOMMENDED WATER INTAKE IS

_____ OUNCES

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DAY 1

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

NOTES:

DAY 2

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

NOTES:

DAY 3

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

NOTES:

DAY 4

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

NOTES:

DAY 5

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

NOTES:

5 DAY RECAP:

MY DAILY RECOMMENDED WATER INTAKE IS

_____ OUNCES

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DAY 6

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

NOTES:

DAY 7

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

NOTES:

DAY 8

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

NOTES:

DAY 9

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

NOTES:

DAY 10

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

NOTES:

5 DAY RECAP:

MY DAILY RECOMMENDED WATER INTAKE IS

_____ OUNCES

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DAY 11

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

NOTES:

DAY 12

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

NOTES:

DAY 13

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

NOTES:

DAY 14

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

NOTES:

DAY 15

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

NOTES:

5 DAY RECAP:

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THE 15 DAY $25K CONTEST Season 2

SCAN HERE
TO ENTER
YOUR STORY

Don't forget to enter the $25,000 Giveaway Contest!
After you finish The 15 Day Challenge, remember to submit your story to qualify to WIN.
**No purchase necessary*

Tune in to our live stream after you submit to see if your story has been chosen to win $1,000 or other great cash and prizes.
If your story is one of the lucky chosen few you will be entered for a chance at $25,000!

SUBMIT YOUR STORY HERE

StartMy15.com