

WEEK ONE

TruHealth™ System 30-Day Tracker

Stay accountable for your path to a healthy lifestyle with our easy-to-follow TruHealth System tracker that keeps you on course.

	CLEANSE	NOURISH					
	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST	<input type="checkbox"/> 1 TruPLENISH™ Shake	<input type="checkbox"/> 1 TruPLENISH Shake	<input type="checkbox"/> 1 TruPLENISH Shake	<input type="checkbox"/> 1 TruPLENISH Shake	<input type="checkbox"/> 1 TruPLENISH Shake	<input type="checkbox"/> 1 TruPLENISH Shake	<input type="checkbox"/> 1 TruPLENISH Shake
SNACK <input type="checkbox"/> Water 16 ounces							
LUNCH <input type="checkbox"/> Water 16 ounces		<input type="checkbox"/> 1 TruPLENISH Shake	<input type="checkbox"/> 1 TruPLENISH Shake	<input type="checkbox"/> 1 TruPLENISH Shake	<input type="checkbox"/> 1 TruPLENISH Shake	<input type="checkbox"/> 1 TruPLENISH Shake	<input type="checkbox"/> 1 TruPLENISH Shake
SNACK <input type="checkbox"/> Water 16 ounces							
DINNER <input type="checkbox"/> Water 16 ounces		<input type="checkbox"/> Low-Glycemic Meal	<input type="checkbox"/> Low-Glycemic Meal	<input type="checkbox"/> Low-Glycemic Meal	<input type="checkbox"/> Low-Glycemic Meal	<input type="checkbox"/> Low-Glycemic Meal	<input type="checkbox"/> Low-Glycemic Meal
ENJOY UNLIMITED VEGETABLES THROUGHOUT THE DAY DURING THE ENTIRE PROGRAM							
CLEANSE DAY SUPPLEMENTS		NOURISH DAY SUPPLEMENTS					
Upon Waking	<input type="checkbox"/> 1 TruSHAPE™ fat-loss capsule <input type="checkbox"/> 1 TruPURE™ Slimstick drink mix	<input type="checkbox"/> 1 TruSHAPE fat-loss capsule	<input type="checkbox"/> 1 TruSHAPE fat-loss capsule	<input type="checkbox"/> 1 TruSHAPE fat-loss capsule	<input type="checkbox"/> 1 TruSHAPE fat-loss capsule	<input type="checkbox"/> 1 TruSHAPE fat-loss capsule	<input type="checkbox"/> 1 TruSHAPE fat-loss capsule
Noon	<input type="checkbox"/> 1 TruPURE Slimstick drink mix	EXERCISE					
Late Afternoon	<input type="checkbox"/> 1 TruPURE Slimstick drink mix	<input type="checkbox"/> 30+ Minutes (brisk walking, squats,sit-up, etc...)	<input type="checkbox"/> 30+ Minutes (brisk walking, squats,sit-up, etc...)	<input type="checkbox"/> 30+ Minutes (brisk walking, squats,sit-up, etc...)	<input type="checkbox"/> 30+ Minutes (brisk walking, squats,sit-up, etc...)	<input type="checkbox"/> 30+ Minutes (brisk walking, squats,sit-up, etc...)	<input type="checkbox"/> 30+ Minutes (brisk walking, squats,sit-up, etc...)
Bedtime	<input type="checkbox"/> 1 TruPURE Slimstick drink mix	HOURS OF SLEEP					

WEEK TWO

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	CLEANSE	NOURISH					
	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
BREAKFAST	<input type="checkbox"/> 1 TruPLENISH™ Shake	<input type="checkbox"/> 1 TruPLENISH Shake	<input type="checkbox"/> 1 TruPLENISH Shake	<input type="checkbox"/> 1 TruPLENISH Shake	<input type="checkbox"/> 1 TruPLENISH Shake	<input type="checkbox"/> 1 TruPLENISH Shake	<input type="checkbox"/> 1 TruPLENISH Shake
SNACK							
<input type="checkbox"/> Water 16 ounces							
LUNCH		<input type="checkbox"/> 1 TruPLENISH Shake	<input type="checkbox"/> 1 TruPLENISH Shake	<input type="checkbox"/> 1 TruPLENISH Shake	<input type="checkbox"/> 1 TruPLENISH Shake	<input type="checkbox"/> 1 TruPLENISH Shake	<input type="checkbox"/> 1 TruPLENISH Shake
<input type="checkbox"/> Water 16 ounces							
SNACK							
<input type="checkbox"/> Water 16 ounces							
DINNER		<input type="checkbox"/> Low-Glycemic Meal	<input type="checkbox"/> Low-Glycemic Meal	<input type="checkbox"/> Low-Glycemic Meal	<input type="checkbox"/> Low-Glycemic Meal	<input type="checkbox"/> Low-Glycemic Meal	<input type="checkbox"/> Low-Glycemic Meal
<input type="checkbox"/> Water 16 ounces							
ENJOY UNLIMITED VEGETABLES THROUGHOUT THE DAY DURING THE ENTIRE PROGRAM							
CLEANSE DAY SUPPLEMENTS		NOURISH DAY SUPPLEMENTS					
Upon Waking	<input type="checkbox"/> 1 TruSHAPE™ fat-loss capsule <input type="checkbox"/> 1 TruPURE™ Slimstick drink mix	<input type="checkbox"/> 1 TruSHAPE fat-loss capsule	<input type="checkbox"/> 1 TruSHAPE fat-loss capsule	<input type="checkbox"/> 1 TruSHAPE fat-loss capsule	<input type="checkbox"/> 1 TruSHAPE fat-loss capsule	<input type="checkbox"/> 1 TruSHAPE fat-loss capsule	<input type="checkbox"/> 1 TruSHAPE fat-loss capsule
Noon	<input type="checkbox"/> 1 TruPURE Slimstick drink mix	EXERCISE					
Late Afternoon	<input type="checkbox"/> 1 TruPURE Slimstick drink mix	<input type="checkbox"/> 30+ Minutes (brisk walking, squats,sit-up, etc...)	<input type="checkbox"/> 30+ Minutes (brisk walking, squats,sit-up, etc...)	<input type="checkbox"/> 30+ Minutes (brisk walking, squats,sit-up, etc...)	<input type="checkbox"/> 30+ Minutes (brisk walking, squats,sit-up, etc...)	<input type="checkbox"/> 30+ Minutes (brisk walking, squats,sit-up, etc...)	<input type="checkbox"/> 30+ Minutes (brisk walking, squats,sit-up, etc...)
Bedtime	<input type="checkbox"/> 1 TruPURE Slimstick drink mix	HOURS OF SLEEP					

WEEK THREE

TruHealth™ System 30-Day Tracker

Stay accountable for your path to a healthy lifestyle with our easy-to-follow TruHealth System tracker that keeps you on course.

CLEANSE		NOURISH					
DAY 15		DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
BREAKFAST	<input type="checkbox"/> 1 TruPLENISH™ Shake	<input type="checkbox"/> 1 TruPLENISH Shake	<input type="checkbox"/> 1 TruPLENISH Shake	<input type="checkbox"/> 1 TruPLENISH Shake	<input type="checkbox"/> 1 TruPLENISH Shake	<input type="checkbox"/> 1 TruPLENISH Shake	<input type="checkbox"/> 1 TruPLENISH Shake
SNACK							
<input type="checkbox"/> Water 16 ounces							
LUNCH		<input type="checkbox"/> 1 TruPLENISH Shake	<input type="checkbox"/> 1 TruPLENISH Shake	<input type="checkbox"/> 1 TruPLENISH Shake	<input type="checkbox"/> 1 TruPLENISH Shake	<input type="checkbox"/> 1 TruPLENISH Shake	<input type="checkbox"/> 1 TruPLENISH Shake
<input type="checkbox"/> Water 16 ounces							
SNACK							
<input type="checkbox"/> Water 16 ounces							
DINNER		<input type="checkbox"/> Low-Glycemic Meal	<input type="checkbox"/> Low-Glycemic Meal	<input type="checkbox"/> Low-Glycemic Meal	<input type="checkbox"/> Low-Glycemic Meal	<input type="checkbox"/> Low-Glycemic Meal	<input type="checkbox"/> Low-Glycemic Meal
<input type="checkbox"/> Water 16 ounces							
ENJOY UNLIMITED VEGETABLES THROUGHOUT THE DAY DURING THE ENTIRE PROGRAM							
CLEANSE DAY SUPPLEMENTS		NOURISH DAY SUPPLEMENTS					
Upon Waking	<input type="checkbox"/> 1 TruSHAPE™ fat-loss capsule <input type="checkbox"/> 1 TruPURE™ Slimstick drink mix	<input type="checkbox"/> 1 TruSHAPE fat-loss capsule	<input type="checkbox"/> 1 TruSHAPE fat-loss capsule	<input type="checkbox"/> 1 TruSHAPE fat-loss capsule	<input type="checkbox"/> 1 TruSHAPE fat-loss capsule	<input type="checkbox"/> 1 TruSHAPE fat-loss capsule	<input type="checkbox"/> 1 TruSHAPE fat-loss capsule
Noon	<input type="checkbox"/> 1 TruPURE Slimstick drink mix	EXERCISE					
Late Afternoon	<input type="checkbox"/> 1 TruPURE Slimstick drink mix	<input type="checkbox"/> 30+ Minutes (brisk walking, squats,sit-up, etc...)	<input type="checkbox"/> 30+ Minutes (brisk walking, squats,sit-up, etc...)	<input type="checkbox"/> 30+ Minutes (brisk walking, squats,sit-up, etc...)	<input type="checkbox"/> 30+ Minutes (brisk walking, squats,sit-up, etc...)	<input type="checkbox"/> 30+ Minutes (brisk walking, squats,sit-up, etc...)	<input type="checkbox"/> 30+ Minutes (brisk walking, squats,sit-up, etc...)
Bedtime	<input type="checkbox"/> 1 TruPURE Slimstick drink mix	HOURS OF SLEEP					

WEEK FOUR

TruHealth™ System 30-Day Tracker

Stay accountable for your path to a healthy lifestyle with our easy-to-follow TruHealth System tracker that keeps you on course.

		CLEANSE	NOURISH					
		DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
BREAKFAST	<input type="checkbox"/> 1 TruPLENISH™ Shake	<input type="checkbox"/> 1 TruPLENISH Shake	<input type="checkbox"/> 1 TruPLENISH Shake	<input type="checkbox"/> 1 TruPLENISH Shake	<input type="checkbox"/> 1 TruPLENISH Shake	<input type="checkbox"/> 1 TruPLENISH Shake	<input type="checkbox"/> 1 TruPLENISH Shake	<input type="checkbox"/> 1 TruPLENISH Shake
SNACK	<input type="checkbox"/> Water 16 ounces							
LUNCH	<input type="checkbox"/> Water 16 ounces	<input type="checkbox"/> 1 TruPLENISH Shake	<input type="checkbox"/> 1 TruPLENISH Shake	<input type="checkbox"/> 1 TruPLENISH Shake	<input type="checkbox"/> 1 TruPLENISH Shake	<input type="checkbox"/> 1 TruPLENISH Shake	<input type="checkbox"/> 1 TruPLENISH Shake	<input type="checkbox"/> 1 TruPLENISH Shake
SNACK	<input type="checkbox"/> Water 16 ounces							
DINNER	<input type="checkbox"/> Water 16 ounces	<input type="checkbox"/> Low-Glycemic Meal	<input type="checkbox"/> Low-Glycemic Meal	<input type="checkbox"/> Low-Glycemic Meal	<input type="checkbox"/> Low-Glycemic Meal	<input type="checkbox"/> Low-Glycemic Meal	<input type="checkbox"/> Low-Glycemic Meal	<input type="checkbox"/> Low-Glycemic Meal
ENJOY UNLIMITED VEGETABLES THROUGHOUT THE DAY DURING THE ENTIRE PROGRAM								
CLEANSE DAY SUPPLEMENTS		NOURISH DAY SUPPLEMENTS						
Upon Waking	<input type="checkbox"/> 1 TruSHAPE™ fat-loss capsule <input type="checkbox"/> 1 TruPURE™ Slimstick drink mix	<input type="checkbox"/> 1 TruSHAPE fat-loss capsule	<input type="checkbox"/> 1 TruSHAPE fat-loss capsule	<input type="checkbox"/> 1 TruSHAPE fat-loss capsule	<input type="checkbox"/> 1 TruSHAPE fat-loss capsule	<input type="checkbox"/> 1 TruSHAPE fat-loss capsule	<input type="checkbox"/> 1 TruSHAPE fat-loss capsule	<input type="checkbox"/> 1 TruSHAPE fat-loss capsule
Noon	<input type="checkbox"/> 1 TruPURE Slimstick drink mix	EXERCISE						
Late Afternoon	<input type="checkbox"/> 1 TruPURE Slimstick drink mix	<input type="checkbox"/> 30+ Minutes (brisk walking, squats,sit-up, etc...)	<input type="checkbox"/> 30+ Minutes (brisk walking, squats,sit-up, etc...)	<input type="checkbox"/> 30+ Minutes (brisk walking, squats,sit-up, etc...)	<input type="checkbox"/> 30+ Minutes (brisk walking, squats,sit-up, etc...)	<input type="checkbox"/> 30+ Minutes (brisk walking, squats,sit-up, etc...)	<input type="checkbox"/> 30+ Minutes (brisk walking, squats,sit-up, etc...)	<input type="checkbox"/> 30+ Minutes (brisk walking, squats,sit-up, etc...)
Bedtime	<input type="checkbox"/> 1 TruPURE Slimstick drink mix	HOURS OF SLEEP						

WEEK FIVE

TruHealth™ System 30-Day Tracker

Stay accountable for your path to a healthy lifestyle with our easy-to-follow TruHealth System tracker that keeps you on course.

	CLEANSE	NOURISH
	DAY 29	DAY 30
BREAKFAST	<input type="checkbox"/> 1 TruPLENISH™ Shake	<input type="checkbox"/> 1 TruPLENISH Shake
SNACK <input type="checkbox"/> Water 16 ounces		
LUNCH <input type="checkbox"/> Water 16 ounces		<input type="checkbox"/> 1 TruPLENISH Shake
SNACK <input type="checkbox"/> Water 16 ounces		
DINNER <input type="checkbox"/> Water 16 ounces		<input type="checkbox"/> Low-Glycemic Meal
ENJOY UNLIMITED VEGETABLES THROUGHOUT THE DAY DURING THE ENTIRE PROGRAM		
CLEANSE DAY SUPPLEMENTS	NOURISH DAY SUPPLEMENTS	
Upon Waking	<input type="checkbox"/> 1 TruSHAPE™ fat-loss capsule <input type="checkbox"/> 1 TruPURE™ Slimstick drink mix	
Noon	<input type="checkbox"/> 1 TruPURE Slimstick drink mix	
Late Afternoon	<input type="checkbox"/> 1 TruPURE Slimstick drink mix	
Bedtime	<input type="checkbox"/> 1 TruPURE Slimstick drink mix	
	EXERCISE	
	<input type="checkbox"/> 30+ Minutes (brisk walking, squats, sit-up, etc...)	

CONTINUING YOUR TRANSFORMATION

Losing weight and maintaining a healthy lifestyle doesn't happen overnight. With the help of this system, you have to get to the point where healthy is your new normal, and that involves continuous work.

If your progress seems slow at first, don't give up! This is a long-term commitment to health, not a short fix.

If you stay dedicated to the system, it will get easier. As it does, you will begin to see and feel a real difference, both physically and mentally. Once you reach your original goals, it's important to follow a maintenance program for long-term sustainability.

Use our helpful lifestyle maintenance recommendations below to help you transition to and through your new normal:

- Enjoy 1–2 TruPLENISH Nutritional Shakes per day.
- Include healthy snacks in your meal plan and eat as many fruits and vegetables as you'd like.
- Use 1–2 TruPURE Slimsticks per day. Incorporate Cleanse Days on a regular basis or as needed. A regular cleansing regimen can help improve and maintain your overall health.
- Drink plenty of water every day to stay hydrated.
- Exercise regularly. Reference the TruHealth exercise plan at library.mannatech.com/7818.

Remember, creating a new, healthy lifestyle won't be easy, but with this tracker and the support from your friends and family (and us), you can take back your life!