

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*							
	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
MORNING	<input type="checkbox"/> 1 TruHealth Cleanse drink mix	<input type="checkbox"/> 1 TruHealth Cleanse drink mix	<input type="checkbox"/> 1 TruHealth Cleanse drink mix	<input type="checkbox"/> 1 TruHealth Cleanse drink mix	<input type="checkbox"/> 1 TruHealth Cleanse drink mix	<input type="checkbox"/> 1 TruHealth Cleanse drink mix	<input type="checkbox"/> 1 TruHealth Cleanse drink mix
MID-MORNING <input type="checkbox"/> Water 16 ounces	<input type="checkbox"/> 1 TruHealth Shake <input type="checkbox"/> 1 TruHealth Cleanse drink mix	<input type="checkbox"/> 1 TruHealth Shake <input type="checkbox"/> 1 TruHealth Cleanse drink mix	<input type="checkbox"/> 1 TruHealth Shake <input type="checkbox"/> 1 TruHealth Cleanse drink mix	<input type="checkbox"/> 1 TruHealth Shake <input type="checkbox"/> 1 TruHealth Cleanse drink mix	<input type="checkbox"/> 1 TruHealth Shake <input type="checkbox"/> 1 TruHealth Cleanse drink mix	<input type="checkbox"/> 1 TruHealth Shake <input type="checkbox"/> 1 TruHealth Cleanse drink mix	<input type="checkbox"/> 1 TruHealth Shake <input type="checkbox"/> 1 TruHealth Cleanse drink mix
AFTERNOON <input type="checkbox"/> Water 16 ounces	<input type="checkbox"/> 1 TruHealth Cleanse drink mix	<input type="checkbox"/> 1 TruHealth Cleanse drink mix	<input type="checkbox"/> 1 TruHealth Cleanse drink mix	<input type="checkbox"/> 1 TruHealth Cleanse drink mix	<input type="checkbox"/> 1 TruHealth Cleanse drink mix	<input type="checkbox"/> 1 TruHealth Cleanse drink mix	<input type="checkbox"/> 1 TruHealth Cleanse drink mix
MID-AFTERNOON <input type="checkbox"/> Water 16 ounces	<input type="checkbox"/> 1 TruHealth Shake	<input type="checkbox"/> 1 TruHealth Shake	<input type="checkbox"/> 1 TruHealth Shake	<input type="checkbox"/> 1 TruHealth Shake	<input type="checkbox"/> 1 TruHealth Shake	<input type="checkbox"/> 1 TruHealth Shake	<input type="checkbox"/> 1 TruHealth Shake
EVENING <input type="checkbox"/> Water 16 ounces	<input type="checkbox"/> Low-Glycemic Meal <input type="checkbox"/> 1 TruHealth Cleanse drink mix	<input type="checkbox"/> Low-Glycemic Meal <input type="checkbox"/> 1 TruHealth Cleanse drink mix	<input type="checkbox"/> Low-Glycemic Meal <input type="checkbox"/> 1 TruHealth Cleanse drink mix	<input type="checkbox"/> Low-Glycemic Meal <input type="checkbox"/> 1 TruHealth Cleanse drink mix	<input type="checkbox"/> Low-Glycemic Meal <input type="checkbox"/> 1 TruHealth Cleanse drink mix	<input type="checkbox"/> Low-Glycemic Meal <input type="checkbox"/> 1 TruHealth Cleanse drink mix	<input type="checkbox"/> Low-Glycemic Meal <input type="checkbox"/> 1 TruHealth Cleanse drink mix
Looking for meal inspiration or snacks that complement your TruHealth Shake? 	ENJOY UNLIMITED VEGETABLES THROUGHOUT THE DAY DURING THE ENTIRE PROGRAM						
	CLEANSE DAY SUPPLEMENTS						
	<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
HOURS OF SLEEP							
*During the first week, take the cleanse up to four times a day on an empty stomach for best results. May be used daily, one scoop per day, after the initial cleanse phase.							
EXERCISE							
<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...)	

WEEK TWO


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.

After the initial cleanse during the 1st week of the TruHealth 30-Day System, you enter the Nourish phase of the program. During the Nourish TruHealth Phase the goal is to focus on healthy meal planning and incorporating the TruHealth Shake into your daily regimen. During this phase you can incorporate the TruHealth Cleanse once a day.

NOURISH							
	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
MORNING							
MID-MORNING <input type="checkbox"/> Water 16 ounces	<input type="checkbox"/> 1 TruHealth Shake	<input type="checkbox"/> 1 TruHealth Shake	<input type="checkbox"/> 1 TruHealth Shake	<input type="checkbox"/> 1 TruHealth Shake	<input type="checkbox"/> 1 TruHealth Shake	<input type="checkbox"/> 1 TruHealth Shake	<input type="checkbox"/> 1 TruHealth Shake
AFTERNOON <input type="checkbox"/> Water 16 ounces							
MID-AFTERNOON <input type="checkbox"/> Water 16 ounces	<input type="checkbox"/> 1 TruHealth Shake	<input type="checkbox"/> 1 TruHealth Shake	<input type="checkbox"/> 1 TruHealth Shake	<input type="checkbox"/> 1 TruHealth Shake	<input type="checkbox"/> 1 TruHealth Shake	<input type="checkbox"/> 1 TruHealth Shake	<input type="checkbox"/> 1 TruHealth Shake
EVENING <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
Looking for meal inspiration or snacks that complement your TruHealth Shake? 	ENJOY UNLIMITED VEGETABLES THROUGHOUT THE DAY DURING THE ENTIRE PROGRAM						
	NOURISH DAY SUPPLEMENTS						
	<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
HOURS OF SLEEP							
*During the first week, take the cleanse up to four times a day on an empty stomach for best results. May be used daily, one scoop per day, after the initial cleanse phase.	EXERCISE						
	<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...)

After the initial cleanse during the 1st week of the TruHealth 30-Day System, you enter the Nourish phase of the program. During the Nourish TruHealth Phase the goal is to focus on healthy meal planning and incorporating the TruHealth Shake into your daily regimen. During this phase you can incorporate the TruHealth Cleanse once a day.

NOURISH							
	DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
MORNING							
MID-MORNING	<input type="checkbox"/> 1 TruHealth Shake	<input type="checkbox"/> 1 TruHealth Shake	<input type="checkbox"/> 1 TruHealth Shake	<input type="checkbox"/> 1 TruHealth Shake	<input type="checkbox"/> 1 TruHealth Shake	<input type="checkbox"/> 1 TruHealth Shake	<input type="checkbox"/> 1 TruHealth Shake
	<input type="checkbox"/> Water 16 ounces						
AFTERNOON							
	<input type="checkbox"/> Water 16 ounces						
MID-AFTERNOON	<input type="checkbox"/> 1 TruHealth Shake	<input type="checkbox"/> 1 TruHealth Shake	<input type="checkbox"/> 1 TruHealth Shake	<input type="checkbox"/> 1 TruHealth Shake	<input type="checkbox"/> 1 TruHealth Shake	<input type="checkbox"/> 1 TruHealth Shake	<input type="checkbox"/> 1 TruHealth Shake
	<input type="checkbox"/> Water 16 ounces						
Evening	<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
	<input type="checkbox"/> Water 16 ounces						
Looking for meal inspiration or snacks that complement your TruHealth Shake?	ENJOY UNLIMITED VEGETABLES THROUGHOUT THE DAY DURING THE ENTIRE PROGRAM						
	NOURISH DAY SUPPLEMENTS						
	<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
	HOURS OF SLEEP						
*During the first week, take the cleanse up to four times a day on an empty stomach for best results. May be used daily, one scoop per day, after the initial cleanse phase.	EXERCISE						
	<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...)

WEEK FOUR

TruHealth™ System 30-Day Tracker

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NOURISH							
	DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
MORNING							
MID-MORNING	<input type="checkbox"/> 1 TruHealth Shake	<input type="checkbox"/> 1 TruHealth Shake	<input type="checkbox"/> 1 TruHealth Shake	<input type="checkbox"/> 1 TruHealth Shake	<input type="checkbox"/> 1 TruHealth Shake	<input type="checkbox"/> 1 TruHealth Shake	<input type="checkbox"/> 1 TruHealth Shake
<input type="checkbox"/> Water 16 ounces							
AFTERNOON							
<input type="checkbox"/> Water 16 ounces							
MID-AFTERNOON	<input type="checkbox"/> 1 TruHealth Shake	<input type="checkbox"/> 1 TruHealth Shake	<input type="checkbox"/> 1 TruHealth Shake	<input type="checkbox"/> 1 TruHealth Shake	<input type="checkbox"/> 1 TruHealth Shake	<input type="checkbox"/> 1 TruHealth Shake	<input type="checkbox"/> 1 TruHealth Shake
<input type="checkbox"/> Water 16 ounces							
Evening	<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
<input type="checkbox"/> Water 16 ounces							
Looking for meal inspiration or snacks that complement your TruHealth Shake?	ENJOY UNLIMITED VEGETABLES THROUGHOUT THE DAY DURING THE ENTIRE PROGRAM						
	NOURISH DAY SUPPLEMENTS						
	<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
HOURS OF SLEEP							
*During the first week, take the cleanse up to four times a day on an empty stomach for best results. May be used daily, one scoop per day, after the initial cleanse phase.	EXERCISE						
	<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...)

WEEK FIVE

TruHealth™ System 30-Day Tracker

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	NOURISH		CONTINUING YOUR TRANSFORMATION
	DAY 29	DAY 30	
MORNING			<p>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.</p> <p>If your progress seems slow at first, don't give up! This is a long-term commitment to health, not a short fix.</p> <p>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.</p> <p>Use our helpful lifestyle maintenance recommendations below to help you transition to and through your new normal:</p> <ul style="list-style-type: none"> • Enjoy 1–2 TruHealth Shakes per day. • Include healthy snacks in your meal plan and eat as many fruits and vegetables as you'd like. • Use 1–2 servings of TruHealth Cleanse 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. <p>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!</p>
MID-MORNING <input type="checkbox"/> Water 16 ounces	<input type="checkbox"/> 1 TruHealth Shake	<input type="checkbox"/> 1 TruHealth Shake	
AFTERNOON <input type="checkbox"/> Water 16 ounces			
MID-AFTERNOON <input type="checkbox"/> Water 16 ounces	<input type="checkbox"/> 1 TruHealth Shake	<input type="checkbox"/> 1 TruHealth Shake	
EVENING <input type="checkbox"/> Water 16 ounces	<input type="checkbox"/> Low-Glycemic Meal	<input type="checkbox"/> Low-Glycemic Meal	
Looking for meal inspiration or snacks that complement your TruHealth Shake?	ENJOY UNLIMITED VEGETABLES THROUGHOUT THE DAY DURING THE ENTIRE PROGRAM NOURISH DAY SUPPLEMENTS <input type="checkbox"/> 1 TruSHAPE fat-loss capsule <input type="checkbox"/> 1 TruSHAPE fat-loss capsule		
HOURS OF SLEEP 			
EXERCISE <input type="checkbox"/> 30+ Minutes (brisk walking, squats, sit-up, etc...) <input type="checkbox"/> 30+ Minutes (brisk walking, squats, sit-up, etc...)			

*During the first week, take the cleanse up to four times a day on an empty stomach for best results. May be used daily, one scoop per day, after the initial cleanse phase.