

# 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   |   |   |   | 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   |   |   |   |   |   |   |   |  |
| 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             |  |
| SNACK   |   |   |   |   |   |   |   |  |
| 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              |  |
| ENJOY UNLIMITED VEGETABLES THROUGHOUT THE DAY DURING THE ENTIRE PROGRAMME |   |   |   |   |   |   |   |  |
| CLEANSE DAY SUPPLEMENTS   |   | NOURISH DAY SUPPLEMENTS                                 |   |   | CLEANSE DAY SUPPLEMENTS   | NOURISH DAY SUPPLEMENTS                                 |   |  |
| Upon Waking   | <input type="checkbox"/> 1 TruSHAPE™ Weight-Loss Capsule<br><input type="checkbox"/> 1 TruPURE™ Slimstick | <input type="checkbox"/> 1 TruSHAPE Weight-Loss Capsule | <input type="checkbox"/> 1 TruSHAPE Weight-Loss Capsule | <input type="checkbox"/> 1 TruSHAPE Weight-Loss Capsule | <input type="checkbox"/> 1 TruSHAPE Weight-Loss Capsule<br><input type="checkbox"/> 1 TruPURE Slimstick | <input type="checkbox"/> 1 TruSHAPE Weight-Loss Capsule | <input type="checkbox"/> 1 TruSHAPE Weight-Loss Capsule |  |
| Dinner  | <input type="checkbox"/> 1 TruPURE Slimstick  |   |   |   | <input type="checkbox"/> 1 TruPURE Slimstick  |   |   |  |
| WEEKLY MEASUREMENTS   |   | Date: _____   |   | Chest: _____ in./cms                                    |   | Hips: _____ in./cms                                     |   |  |
|   |   | Weight: _____ lbs./kilos                                |   | Waist: _____ in./cms                                    |   | Neck: _____ in./cms                                     |   |  |

# WEEK TWO

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|   | NOURISH  | CLEANSE   | NOURISH   |   |   | CLEANSE   | NOURISH   |
|---|--|---|---|---|---|---|---|
|   | DAY 8  | DAY 9   | DAY 10  | DAY 11  | DAY 12  | DAY 13  | DAY 14  |
| <b>BREAKFAST</b>  | <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             |
| <b>SNACK</b>  |  |   |   |   |   |   |   |
| <b>LUNCH</b>  | <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             |
| <b>SNACK</b>  |  |   |   |   |   |   |   |
| <b>DINNER</b>   | <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 PROGRAMME |  |   |   |   |   |   |   |
| NOURISH DAY SUPPLEMENTS   |  | CLEANSE DAY SUPPLEMENTS   | NOURISH DAY SUPPLEMENTS                                 |   |   | CLEANSE DAY SUPPLEMENTS   | NOURISH DAY SUPPLEMENTS                                 |
| Upon Waking   | <input type="checkbox"/> 1 TruSHAPE™ Weight-Loss Capsule | <input type="checkbox"/> 1 TruSHAPE Weight-Loss Capsule<br><input type="checkbox"/> 1 TruPURE™ Slimstick                  | <input type="checkbox"/> 1 TruSHAPE Weight-Loss Capsule | <input type="checkbox"/> 1 TruSHAPE Weight-Loss Capsule | <input type="checkbox"/> 1 TruSHAPE Weight-Loss Capsule | <input type="checkbox"/> 1 TruSHAPE Weight-Loss Capsule<br><input type="checkbox"/> 1 TruPURE Slimstick | <input type="checkbox"/> 1 TruSHAPE Weight-Loss Capsule |
| Dinner  |  | <input type="checkbox"/> 1 TruPURE Slimstick  |   |   |   | <input type="checkbox"/> 1 TruPURE Slimstick  |   |
| WEEKLY MEASUREMENTS   |  | Date: _____ Chest: _____ in./cms Hips: _____ in./cms<br>Weight: _____ lbs./kilos Waist: _____ in./cms Neck: _____ in./cms |   |   |   |   |   |

# 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.

|   | NOURISH  |   | CLEANSE  | NOURISH   |   |   | CLEANSE   |
|---|--|---|--|---|---|---|---|
|   | DAY 15   | DAY 16  | DAY 17   | DAY 18  | DAY 19  | DAY 20  | DAY 21  |
| <b>BREAKFAST</b>  | <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   |
| <b>SNACK</b>  |  |   |  |   |   |   |   |
| <b>LUNCH</b>  | <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             |   |
| <b>SNACK</b>  |  |   |  |   |   |   |   |
| <b>DINNER</b>   | <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 PROGRAMME |  |   |  |   |   |   |   |
| NOURISH DAY SUPPLEMENTS   |  |   | CLEANSE DAY SUPPLEMENTS  | NOURISH DAY SUPPLEMENTS                                 |   |   | CLEANSE DAY SUPPLEMENTS   |
| Upon Waking   | <input type="checkbox"/> 1 TruSHAPE™ Weight-Loss Capsule | <input type="checkbox"/> 1 TruSHAPE Weight-Loss Capsule   | <input type="checkbox"/> 1 TruSHAPE Weight-Loss Capsule<br><input type="checkbox"/> 1 TruPURE™ Slimstick | <input type="checkbox"/> 1 TruSHAPE Weight-Loss Capsule | <input type="checkbox"/> 1 TruSHAPE Weight-Loss Capsule | <input type="checkbox"/> 1 TruSHAPE Weight-Loss Capsule | <input type="checkbox"/> 1 TruSHAPE Weight-Loss Capsule<br><input type="checkbox"/> 1 TruPURE Slimstick |
| Dinner  |  |   | <input type="checkbox"/> 1 TruPURE Slimstick   |   |   |   | <input type="checkbox"/> 1 TruPURE Slimstick  |
| WEEKLY MEASUREMENTS   |  | Date: _____ Chest: _____ in./cms Hips: _____ in./cms<br>Weight: _____ lbs./kilos Waist: _____ in./cms Neck: _____ in./cms |  |   |   |   |   |

# 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.

|   | NOURISH  |   |   | CLEANSE  | NOURISH   |   |   |
|---|--|---|---|--|---|---|---|
|   | DAY 22   | DAY 23  | DAY 24  | DAY 25   | DAY 26  | DAY 27  | DAY 28  |
| <b>BREAKFAST</b>  | <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             |
| <b>SNACK</b>  |  |   |   |  |   |   |   |
| <b>LUNCH</b>  | <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             |
| <b>SNACK</b>  |  |   |   |  |   |   |   |
| <b>DINNER</b>   | <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 PROGRAMME |  |   |   |  |   |   |   |
| NOURISH DAY SUPPLEMENTS   |  |   |   | CLEANSE DAY SUPPLEMENTS  | NOURISH DAY SUPPLEMENTS                                 |   |   |
| Upon Waking   | <input type="checkbox"/> 1 TruSHAPE™ Weight-Loss Capsule | <input type="checkbox"/> 1 TruSHAPE Weight-Loss Capsule | <input type="checkbox"/> 1 TruSHAPE Weight-Loss Capsule | <input type="checkbox"/> 1 TruSHAPE Weight-Loss Capsule<br><input type="checkbox"/> 1 TruPURE™ Slimstick | <input type="checkbox"/> 1 TruSHAPE Weight-Loss Capsule | <input type="checkbox"/> 1 TruSHAPE Weight-Loss Capsule | <input type="checkbox"/> 1 TruSHAPE Weight-Loss Capsule |
| Dinner  |  |   |   | <input type="checkbox"/> 1 TruPURE Slimstick   |   |   |   |
| WEEKLY MEASUREMENTS   |  | Date: _____   |   | Chest: _____ in./cms   |   | Hips: _____ in./cms                                     |   |
|   |  | Weight: _____ lbs./kilos                                |   | Waist: _____ in./cms   |   | Neck: _____ in./cms                                     |   |

# 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   | CONTINUING YOUR TRANSFORMATION   |  |
|---|---|---|--|--|
|   | DAY 29  | DAY 30  |  |  |
| BREAKFAST   | <input type="checkbox"/> 1 TruPLENISH™ Shake  | <input type="checkbox"/> 1 TruPLENISH Shake   | <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 programme 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"> <li>• Enjoy 1–2 TruPLENISH Shakes per day.</li> <li>• Include healthy snacks in your meal plan and eat as many fruits and vegetables as often as you would like.</li> <li>• 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.</li> <li>• Drink plenty of water every day to stay hydrated.</li> <li>• Exercise regularly. Reference the TruHealth exercise plan at <a href="http://library.mannatech.com">library.mannatech.com</a>.</li> </ul> <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> |  |
| SNACK   |   |   |  |  |
| LUNCH   |   | <input type="checkbox"/> 1 TruPLENISH Shake   |  |  |
| SNACK   |   |   |  |  |
| DINNER  |   | <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™ Weight-Loss Capsule<br><input type="checkbox"/> 1 TruPURE™ Slimstick | <input type="checkbox"/> 1 TruSHAPE Weight-Loss Capsule   |  |  |
| Dinner  | <input type="checkbox"/> 1 TruPURE Slimstick  |   |  |  |
| WEEKLY MEASUREMENTS   |   | Date: _____ Chest: _____ in./cms Hips: _____ in./cms<br>Weight: _____ lbs./kilos Waist: _____ in./cms Neck: _____ in./cms |  |  |