

A life of health and purpose



Be Well- Be Free With Three - Your 28 Day System Guide -

Step 1: Getting Started Right

It's Important to know your starting measurements. Let's get you set up for success starting with tracking where you are currently so we can support your Journey to Getting more Fit, Feeling Fabulous and being Free!

- a. Take Before Pictures Front, Side and Back In tight fitting athletic wear and once again After your 28 day journey.
- b. Track your Starting Weight and Measurements using the Tracker form In this guide.

Step 2: Your Health Goals

This product system guide is meant to kickstart your journey to Weight Loss, Improved Fitness and overall Daily Health Habits.

Write down your overall Health Goals below; Why you are motivated to start your 28 day journey and your Major reason for Completing your 28 day journey:

Step 3: Use the Products

In your Three Product Pack, you will be using all the products. Open up your box and place your products in your kitchen where they are accessible and you will see them every day.

Your 28 Day Be Well Products:

- Vitalite - Essential Daily Vitamins
- Purifi - Daily Cellular Purification
- Revive - Powerful Anti-Inflammatory
- Eternel- Super Antioxidant
- Imune - Immune Support
- Collagene- Absorbable Collagen Blend
- Visage - Neurocosmetic Super Serum

Ultimate Be Well

Premium Pack

\$600 | 300 CV



- 2 Vitalite - Multi-Vitamin
 - 2 Collagène- Collagen
 - 2 Eternale- Super Antioxidant
 - 2 Imune- Immune Support
 - 1 Purifi- Cellular Purification
 - 1 Revive- Anti-Inflammatory
- (A 30 Day System)

\$ 600

(300 CV \$20 Per Day)

Be Well

- 1 Vitalite - Multi-Vitamin
 - 1 Eternale- Super Antioxidant
 - 1 Imune- Immune Support
- (A 30 Day System)
- \$ 200**
- (100 CV \$7 Per Day)

Intro Pack

\$200 | 100 CV



Stay Well

Individual Products



Vitalité
\$70 | 25 CV

Collagène
\$60 | 20 CV

Éternel
\$110 | 40 CV



Imune
\$55 | 20 CV



Revive
\$58 | 20 CV



Purifi
\$55 | 20 CV

Build Your Own Pack

Step 4: The Daily System:

Upon Waking:

Drink 8-16 oz of Clean Water with 1- 2 **Purifi**, Detox pills. Optional: Take 1-2 **Revive** pills to reduce inflammation. Wait 10 - 20 min before eating. If you work out in the morning, Go and get your Morning Sweat session in and Drink Lots of Water.

Physical Activity & Water Intake:

It is suggested to get up to 30-60 min of physical activity/exercise daily and Drink 64-96 oz. of Water Daily. I recommend HIIT Cardio Sequences and Body against Body Exercise Routines.

Meal Timing/Protein Pacing:

From the time you start Breakfast, plan your next Meal time by calculating 2 1/2 - 3 hours out, before consuming your next Meals/Snacks following your start time.

Example:

You Eat Breakfast at 7 a.m. your next Snack/Meal will be between 9:30-10 a.m., Lunch at 12:30 p.m. and then Snack at 3:30 p.m. and then Finally Dinner at 6 p.m. Consuming mini meals keeps your body In fat burning mode and using healthy clean foods for fuel.

Breakfast:

Blend 1 Protein **Smoothie** with 8-16 oz. water and ice In a blender for about 30 seconds to 1 min. and Enjoy! If your goal is weight loss, DO NOT add more than 1/4 C. of Fruits or Veggies to your shakes for at least the first 14 days. I use Orgain Protein Powder Organic from Costco In either Whey or Vegan.

(See **Recipes Page**)

Take 1 **Vitalite** packet and **1-2 Imune**. Separate out the Omega caplet in the Vitalite (the orange one) and set It aside to take at Bedtime.



Snack:

Drink 16 -20 oz. of water.

Take **1 Eternel** Optional: Take 1-2 **Revive** pills to reduce inflammation. and Wait 15 min. **Optional:** Have a snack. Yes, you may have snacks but keep it clean. Suggested: 1/2 Cup of Veggies, 8-10 raw Almonds, 1/4 Cup of Berries, 1 Small Apple, 1 Hard Boiled Egg, Stay within 100-200 calories max.

Lunch:

1 **Smoothie** made with water and ice and blended well or Interchange with A Healthy Meal. (See Healthy Meal Guide Below.) Optional- Take 1 more **Vitalite** and separate out the Omega caplet (the orange one) and hold it for later.

Snack: Drink 16-20 oz. of water and follow as suggested above. Optional: Take 1-2 **Revive** pills to reduce inflammation and 1 **Eternel** Packet.

Dinner:

A **Heathy Meal** or Smoothie can be interchanged at any meal. Drink 8-16 oz of water before Dinner and then Enjoy your Healthy Meal.

Healthy Meal Guide:

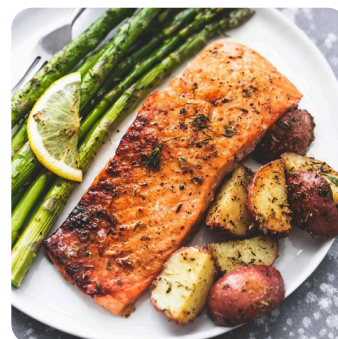
Between 400-600 calories. 1-2 Cups of Fresh or Steamed Veggies, 1/4 - 1/2 Cup of Starch, 3-6 oz. of Clean Protein and 1 Tb. of Healthy Fat.

Bedtime:

2 Hours after eating and before bed, Take **Collagene** Packet with your Leftover Omega caplets from your Vitalite earlier. Use **Visage** to work on repairing healthy cells and creating optimal anti-aging for a healthy glow skin. Get 8 hours of Sleep.

Repeat

Every 28 Days! Reach your Goals! Maintain them!



Step 5: Use this Daily Food Journal to Track your Meals and progress throughout your 28 Day Challenge!

Today's Date: _____

Meal 1: _____ Time: _____

Protein OZ.	Veggies C.	Fruits C.	Starch C.	Healthy Fats Tb.	Meal Shake
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Meal 2: _____ Time: _____

Protein OZ.	Veggies C.	Fruits C.	Starch C.	Healthy Fats Tb.	Meal Shake
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Meal 3: _____ Time: _____

Protein OZ.	Veggies C.	Fruits C.	Starch C.	Healthy Fats Tb.	Meal Shake
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Meal 4: _____ Time: _____

Protein OZ.	Veggies C.	Fruits C.	Starch C.	Healthy Fats Tb.	Meal Shake
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Meal 5: _____ Time: _____

Protein OZ.	Veggies C.	Fruits C.	Starch C.	Healthy Fats Tb.	Meal Shake
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Meal 6: _____ Time: _____

Protein OZ.	Veggies C.	Fruits C.	Starch C.	Healthy Fats Tb.	Meal Shake
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Water Intake: _____ Oz. (Ideal is your desired body weight in oz. or min. 64-96 oz.)

Supplements Taken: _____

Physical Fitness: Yes/No Time: _____ Routine: _____

Today's Feeling/ 5 Gratuities: _____

- Shake Recipes for Weight Loss-

Vanilla Latte Frappuccino:

8-12 oz of Clean Water
1 Vanilla Orgain Whey Shake
1 Tb. of Organic Instant Espresso
1/2 tsp of Vanilla Extract
1/2 Cup of Ice
Blend for 1 minute.



Chocolate Mocha Motivator:

8-12 oz of Clean Water
1 Chocolate Orgain Vegan Shake
1/2 tsp of Cinnamon
1 Tb. of Organic Instant Espresso
1/2 Cup of Ice
Blend for 1 minute.

Cinnamon Bun Slimmer:

8-12 oz of Clean Water
1 Vanilla Orgain Whey Shake
1/2 tsp of Cinnamon
1/2 tsp of Vanilla Extract
1/2 Tsp. Chia Seeds
1/2 Cup of Ice
Blend for 1 minute.



Double Chocolate Crunch:

8-12 oz of Clean Water
1 Chocolate Orgain Vegan Shake
1/2 tsp of Vanilla Extract
1 tsp. of Organic Cocoa Powder
1/2 cup of Ice
1 Tb. Organic Cocoa Nibs
Blend for 1 minute.



Orange Creamsicle Dream:

8 oz of Clean Water
1 Vanilla Orgain Shake
2 oz of Low Sugar Fresh Orange Juice
1/2 Cup of Ice
Blend for 1 minute.

Chocolate Peanut Butter:

8-12 oz of Clean Water
1 Chocolate Orgain Shake
1/2 tsp of Vanilla Extract
1 Tbs. of PB2- Peanut Powder
1/2 cup of Ice
Blend for 1 minute.



Chunky Monkey:

8-12 oz of Clean Water
1 Vanilla Orgain Shake
1 tsp. of cocoa nibs
1 tsp of Vanilla Extract
1/2 Banana
1 Tsp. Chia Seeds
1/2 Cup of Ice
Blend for 1 minute.

Choco Berry Madness:

8-12 oz of Clean Water
1 Chocolate Vegan Orgain Shake
1/2 tsp of Vanilla
1/4 Cup of Frozen Wild Berries
1/2 Cup of Ice
Blend for 1 minute.

Peach Please:

8-12 oz of Clean Water
1 Vanilla Orgain Shake
1 tsp of Vanilla Extract
1/4 Cup Frozen Peaches
1/2 Cup of Ice
Blend for 1 minute.

Almond Roco Coco:

8-12 oz of Clean Water
1 Chocolate Orgain Shake
1/2 tsp of Almond Extract
1 tsp. of Cocoa Powder
3-4 Raw Almonds
1/2 cup of Ice
Blend for 1 minute.

Acai Berry Bliss:

8 oz of Clean Water
1 Vanilla Orgain Shake
1 packet of Eternal
1/4 Cup of Frozen Wild Blueberries
1/2 Cup of Ice
Blend for 1 minute.

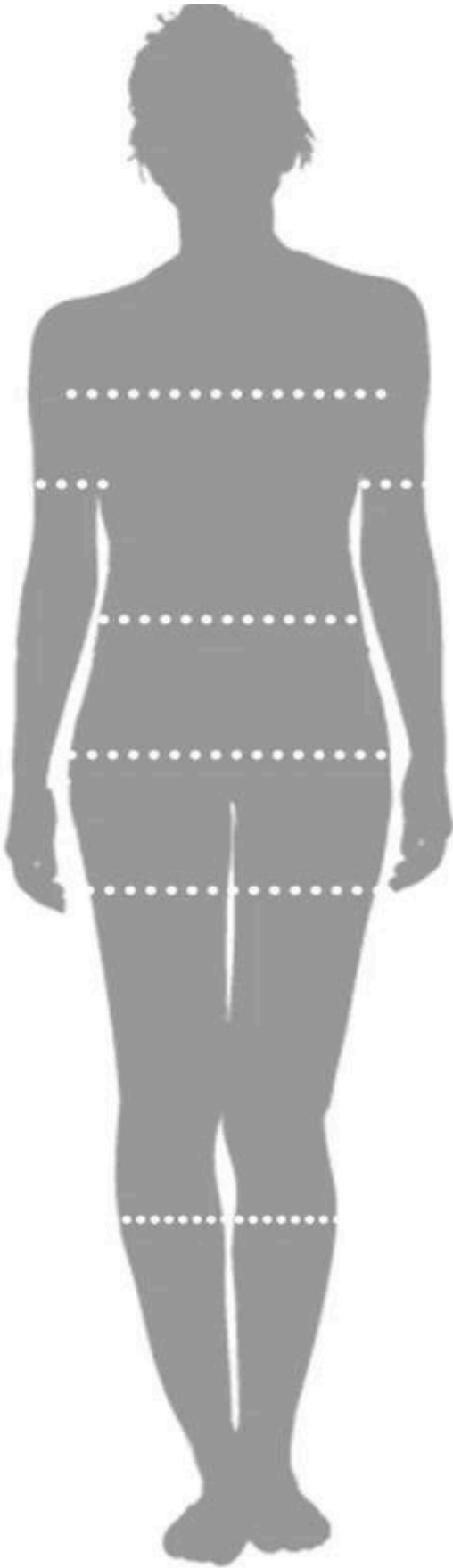
Tirami-SO-Good:

8 oz of Clean Water
1 Chocolate Orgain Shake
1/2 tsp of Vanilla Extract
1 packet of V- Coffee
1 tsp of Cocoa Powder
2 oz. of Almond Milk
1/2 cup of Ice
Blend for 1 minute.

- You can use zero calorie flavored coffee syrups to sweeten and flavor the shakes. Be aware of the sugar-free laxative or bloating effect that can occur with too much use of these skinny syrups.

- Measurement Tracker Form -

Using a tape measure, track your Inches Before and After your 28 days.



BEFORE

DATE

CHEST

LEFT ARM

RIGHT ARM

WAIST

HIPS

LEFT THIGH

RIGHT THIGH

LEFT CALF

RIGHT CALF

WEIGHT

NOTES

AFTER

DATE

CHEST

LEFT ARM

RIGHT ARM

WAIST

HIPS

LEFT THIGH

RIGHT THIGH

LEFT CALF

RIGHT CALF

WEIGHT

