The 24 Day Challenge

DAILY CHECK SHEET

Name of participant:
AdvoCare Cleanse Support

Base Package:
- Herbal Cleanse
- Spark® (14 servings)
- OmegaPlex®

Optional Add-ons:
Meal Replacement Shakes, Bars, and Snacks
- Shakes: Chocolate, Vanilla, or Berry.
- Chocolate with peanut butter filling.
- Apple Cinnamon or Berry Crunch.

Catalyst™
- Delicious Double-Chocolate snack bar!
- Catalyst™ has a rapid toning effect and preserves lean muscle during times of weight loss and exercise.*
- Take 3-6 as desired but ONLY on an empty stomach.

Day 1

<table>
<thead>
<tr>
<th>Time</th>
<th>1 - Spark</th>
<th>1 - Fiber Drink</th>
<th>1 - Meal Replacement Shake</th>
<th>1 - Spark</th>
<th>4-6 - OmegaPlex</th>
<th>1 - Herbal Cleanse Packet (3 Pills)</th>
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</thead>
<tbody>
<tr>
<td>WAKE UP</td>
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<td>BREAKFAST</td>
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<td>LUNCH</td>
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<td>DINNER</td>
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<td>BEDTIME</td>
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</tbody>
</table>
Day 2

- Wake Up: 1 - Fiber Drink
- Breakfast: 1 - Spark, 1 - Meal Repl. Shake
- Lunch: 1 - Spark
- Dinner: 4-6 - Omega Plex
- Bedtime: 1 - Herbal Cleanse Packet (3 Pills)

Day 3

- Wake Up: 1 - Spark
- Breakfast: 1 - Fiber Drink, 1 - Meal Repl. Shake
- Lunch: 1 - Spark
- Dinner: 4-6 - Omega Plex
- Bedtime: 1 - Herbal Cleanse Packet (3 Pills)

Day 4

- Wake Up: 1 - Probiotic Restore Packet (2 pills)
- Breakfast: 1 - Spark, 1 - Meal Repl. Shake
- Lunch: 1 - Spark
- Dinner: 4-6 - Omega Plex
- Bedtime: 1 - Herbal Cleanse Packet (3 Pills)
Day 5

- Wake Up: 1 - Probiotic Restore Packet (2 pills)
- Breakfast: 1 - SPARK
- Lunch: 1 - SPARK
- Dinner: 1 - SPARK
- Bedtime: 1 - HERBAL CLEANSE PACKET (3 PILLS)

Day 6

- Wake Up: 1 - Probiotic Restore Packet (2 pills)
- Breakfast: 1 - Meal Repl. Shake
- Lunch: 1 - SPARK
- Dinner: 1 - SPARK
- Bedtime: 1 - HERBAL CLEANSE PACKET (3 PILLS)

Day 7

- Wake Up: 1 - Probiotic Restore Packet (2 pills)
- Breakfast: 1 - Meal Repl. Shake
- Lunch: 1 - SPARK
- Dinner: 1 - SPARK
- Bedtime: 1 - HERBAL CLEANSE PACKET (3 PILLS)
Day 8

- WAKE UP
  - 1 - Probiotic Restore Packet (2 pills)
  - 1 - SPARK
  - 1 - FIBER DRINK
  - 1 - Meal Repl. Shake
- BREAKFAST
  - 1 - SPARK
- LUNCH
  - 1 - SPARK
- DINNER
  - 4-6 - OMEGAPLEX
- BEDTIME

Day 9

- WAKE UP
  - 1 - Probiotic Restore Packet (2 pills)
  - 1 - SPARK
  - 1 - FIBER DRINK
  - 1 - Meal Repl. Shake
- BREAKFAST
  - 1 - SPARK
- LUNCH
  - 1 - SPARK
- DINNER
  - 4-6 - OMEGAPLEX
- BEDTIME

Day 10

- WAKE UP
  - 1 - Probiotic Restore Packet (2 pills)
  - 1 - SPARK
  - 1 - FIBER DRINK
  - 1 - Meal Repl. Shake
- BREAKFAST
  - 1 - SPARK
- LUNCH
  - 1 - SPARK
- DINNER
  - 4-6 - OMEGAPLEX
- BEDTIME
AdvoCare Max Phase Support

Base Package:
- MNS® (Max E, C, or 3) (1 packet)
- Spark® (14 servings) (1 packet)
- Meal Replacement Shakes (14 servings) (1 packet)

Optional Add-ons:
- AdvoCare Slim®
- Rehydrate
- ThermoPlus™

Liquid weight-loss and appetite-control.*
Caffeine-free alternative also available:
Replenishes electrolytes in the proper balance without excess sugar.
Includes amino acids to feed muscles. Drink to prevent cramping during and after exercise.*
Helps burn your calories, not store them. Stimulates metabolism.*
Take 1 capsule twice daily, 30 minutes before a meal.

Day 11

- WAKE UP
- BREAKFAST
- LUNCH
- DINNER

1 - SPARK
1 - Thermoplus
30 minutes before breakfast
1 - Meal Repl. Shake with breakfast OR lunch
1 - Thermoplus
30 minutes before lunch
Both White Packets with lunch
1 - SPARK
4-6 - OMEGAPLEX
Do you still need to lose more than 15 pounds?
Are you constantly tired and in need of focus and energy?
Do you understand the value of taking a daily multivitamin?

If you answered “Yes” to any of those questions, consider committing to at least 90 days of the Max Phase for maximum results. Many people use this phase in place of taking a daily multivitamin and haven’t stopped since they started the 24 Day Challenge!

Now is the perfect time to reorder your Max Phase products.

Contact your distributor today!
Day 23

WAKE UP  
1 - ThermoPlus  
1 - RED Breakfast Packet  
1 - Meal Repl. Shake  
1 - Both White Packets with breakfast OR lunch  

BREAKFAST  
30 minutes before breakfast  
1 - SPARK  

LUNCH  
1 - ThermoPlus  
1 - RED Lunch Packet  
1 - Both White Packets with breakfast OR lunch  

DINNER  

Day 24

WAKE UP  
1 - ThermoPlus  
1 - RED Breakfast Packet  
1 - Meal Repl. Shake  
1 - Both White Packets with breakfast OR lunch  

BREAKFAST  
30 minutes before breakfast  
1 - SPARK  

LUNCH  
1 - ThermoPlus  
1 - RED Lunch Packet  
1 - Both White Packets with breakfast OR lunch  

DINNER  

Day 25

WAKE UP  
1 - ThermoPlus  
1 - RED Breakfast Packet  
1 - Meal Repl. Shake  
1 - Both White Packets with breakfast OR lunch  

BREAKFAST  
30 minutes before breakfast  
1 - SPARK  

LUNCH  
1 - ThermoPlus  
1 - RED Lunch Packet  
1 - Both White Packets with breakfast OR lunch  

DINNER  

1 - 4-6 - OMEGAPLEX
The 24 Day Challenge:

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Please consult your primary healthcare provider before making any changes in your diet or exercise regime.

Copyright AdvoCareHC.com. To download and print your own Daily Check Sheet, go to www.advocarehc.com and click on “24 Day Challenge.”