

30-DAY JUMP-START TRACKING SHEET

Phase 1 Days 1-7



NAME _____ DATE _____

WAKE-UP	<input type="checkbox"/> Mix 1 packet of the Isotonix® Daily Essentials Packets with 240 ml water; drink immediately and wait 20 minutes before eating or drinking anything else*	Time _____
20 MIN LATER	<input type="checkbox"/> Mix 1 scoop of Nutriclean™ Advanced Fibre Powder in 240 ml water; drink immediately*	Time _____
	<input type="checkbox"/> Squeeze one-half lemon in 240 ml warm water; drink immediately	Time _____
BREAKFAST	<input type="checkbox"/> 1 serving fruit _____ <input type="checkbox"/> 1 serving protein _____ <input type="checkbox"/> 3+ servings vegetables _____	Time _____
MID-MORNING SNACK	<input type="checkbox"/> 240 ml water <input type="checkbox"/> 1 serving fruit _____	Time _____
SUPPLEMENT	<input type="checkbox"/> Take 2 TLS™ CORE tablets 30-45 minutes before lunch*	Time _____
LUNCH	<input type="checkbox"/> 480 ml water <input type="checkbox"/> 1 serving good fat _____ <input type="checkbox"/> 3+ servings vegetables _____	Time _____
AFTERNOON SNACK	<input type="checkbox"/> 240 ml water <input type="checkbox"/> 1 serving fruit _____ <input type="checkbox"/> 2+ servings vegetables _____	Time _____
SUPPLEMENT	<input type="checkbox"/> Take 2 TLS™ CORE tablets 30-45 minutes before dinner*	Time _____
DINNER	<input type="checkbox"/> 480 ml water <input type="checkbox"/> 1 serving good fat _____ <input type="checkbox"/> 1 serving protein _____ <input type="checkbox"/> 3+ servings vegetables _____	Time _____
EVENING SNACK (OPTIONAL)	<input type="checkbox"/> 240 ml water <input type="checkbox"/> 1 serving vegetables _____	Time _____

Other supplements? _____

Water

Sleep _____ hours

Comments _____

30-DAY JUMP-START TRACKING SHEET

Phase 2 Days 8–30



NAME _____ DATE _____

WAKE-UP	<input type="checkbox"/> Mix 1 packet of the Isotonix® Daily Essentials Packets with 240 ml water; drink immediately and wait 20 minutes before eating or drinking anything else*	Time _____
20 MIN LATER	<input type="checkbox"/> Mix 1 scoop of Nutriclean™ Advanced Fibre Powder in 240 ml water; drink immediately*	Time _____
BREAKFAST	<input type="checkbox"/> 480 ml water _____ <input type="checkbox"/> 1 serving protein _____ <input type="checkbox"/> 3 servings vegetables _____	Time _____
MID-MORNING SNACK	<input type="checkbox"/> 2 scoops TLS™ Nutrition Shake with 240 ml water <input type="checkbox"/> 1 serving fruit _____	Time _____
SUPPLEMENT	<input type="checkbox"/> Take 2 TLS™ CORE tablets 30-45 minutes before lunch*	Time _____
LUNCH	<input type="checkbox"/> 480 ml water _____ <input type="checkbox"/> 1 serving good fat _____ <input type="checkbox"/> 1 serving protein _____ <input type="checkbox"/> 2 servings vegetables _____	Time _____
AFTERNOON SNACK	<input type="checkbox"/> 2 scoops TLS™ Nutrition Shake with 240 ml water* <input type="checkbox"/> 2 servings vegetables _____	Time _____
SUPPLEMENT	<input type="checkbox"/> Take 2 TLS™ CORE tablets 30-45 minutes before dinner*	Time _____
DINNER	<input type="checkbox"/> 480 ml water _____ <input type="checkbox"/> 1 serving good fat _____ <input type="checkbox"/> 1 serving protein _____ <input type="checkbox"/> 3 servings vegetables _____	Time _____
EXERCISE	<input type="checkbox"/> Type _____ Minutes _____	Time _____
POST-WORKOUT SNACK	<input type="checkbox"/> 1 serving protein (within 30 minutes of exercise) _____	Time _____

Other supplements? _____

Water Sleep _____ hours

Comments _____

