

# 30-Day Jump-Start Tracking Sheet:

## Phase 1, Days 1-7



NAME \_\_\_\_\_ DATE \_\_\_\_\_

<b>WAKE-UP</b>	<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 _____
<b>20 MIN LATER</b>	<input type="checkbox"/> Mix 1 scoop of NutriClean® Advanced Fiber Powder in 240 ml water; drink immediately*	Time _____
	<input type="checkbox"/> Squeeze one-half lemon in 240 ml warm water; drink immediately	Time _____
<b>BREAKFAST</b>	<input type="checkbox"/> 1 serving fruit _____ <input type="checkbox"/> 1 serving protein _____ <input type="checkbox"/> 3+ servings vegetables _____	Time _____
<b>MID-MORNING SNACK</b>	<input type="checkbox"/> 240 ml water <input type="checkbox"/> 1 serving fruit _____	Time _____
<b>SUPPLEMENT</b>	<input type="checkbox"/> Take 2 Core tablets 30-45 minutes before lunch*	Time _____
<b>LUNCH</b>	<input type="checkbox"/> 480 ml water <input type="checkbox"/> 1 serving good fat _____ <input type="checkbox"/> 3+ servings vegetables _____	Time _____
<b>AFTERNOON SNACK</b>	<input type="checkbox"/> 240 ml water <input type="checkbox"/> 1 serving fruit _____ <input type="checkbox"/> 2+ servings vegetables _____	Time _____
<b>SUPPLEMENT</b>	<input type="checkbox"/> Take 2 Core E tablets 30-45 minutes before dinner*	Time _____
<b>DINNER</b>	<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 _____
<b>EVENING SNACK (OPTIONAL)</b>	<input type="checkbox"/> 240 ml water <input type="checkbox"/> 1 serving vegetables _____	Time _____

Other Supplements ? \_\_\_\_\_ Water:  Sleep: \_\_\_\_\_ hours

Comments : \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

\* As directed on label

# 30-Day Jump-Start Tracking Sheet:

## Phase 2, Days 8-30



NAME \_\_\_\_\_ DATE \_\_\_\_\_

<b>WAKE-UP</b>	<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 _____
<b>20 MIN LATER</b>	<input type="checkbox"/> Mix 1 scoop of NutriClean® Advanced Fiber Powder in 240 ml water; drink immediately*	Time _____
<b>BREAKFAST</b>	<input type="checkbox"/> 480 ml water _____ <input type="checkbox"/> 1 serving protein _____ <input type="checkbox"/> 3 servings vegetables _____	Time _____
<b>MID-MORNING SNACK</b>	<input type="checkbox"/> 2 scoops Nutrition Shake with 240 ml water <input type="checkbox"/> 1 serving fruit _____	Time _____
<b>SUPPLEMENT</b>	<input type="checkbox"/> Take 2 Core tablets 30-45 minutes before lunch*	Time _____
<b>LUNCH</b>	<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 _____
<b>AFTERNOON SNACK</b>	<input type="checkbox"/> 2 scoops Nutrition Shake with 240 ml water* <input type="checkbox"/> 2 servings vegetables _____	Time _____
<b>SUPPLEMENT</b>	<input type="checkbox"/> Take 2 Core tablets 30-45 minutes before dinner*	Time _____
<b>DINNER</b>	<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 _____
<b>EXERCISE</b>	<input type="checkbox"/> Type _____ Minutes _____	Time _____
<b>POST-WORKOUT SNACK</b>	<input type="checkbox"/> 1 serving protein (within 30 minutes of exercise) _____	Time _____

Other Supplements ? \_\_\_\_\_ Water:  Sleep: \_\_\_\_\_ hours

Comments : \_\_\_\_\_  
 \_\_\_\_\_  
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