

Take the 30 Day Weight Loss Challenge



- Before Day One—complete this form and contact your mentors announcing your participation!

Starting Date: _____

A reasonable goal is to lose 3-5 lbs. per week, or 4-7 lbs. per week if you add vigorous exercise to your program. Check with a health professional who understands nutrition before starting a diet or exercise program. **Go to LifesMiracle.com > Products > CaraFast > Weight Loss Strategies,** for diet and exercise tips!

CHOOSE A GOAL AND PURPOSEFUL ACTION

- My 30 day goal is to lose a total of _____ pounds! (see above for reasonable goals)
- With the eventual total weight loss of _____ pounds!
- In the next 30 days, I will commit _____ minutes per day of exercise to achieve that goal!

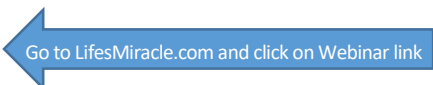
BENEFITS OF LOSING WEIGHT CREATE AN AFFIRMATION STATEMENT BASED ON THE FOLLOWING BENEFITS TO BE READ DAILY

- This goal aligns with my principles and belief that: _____
- This goal addresses my problems with: _____
- My success positively affects the following people: _____
- This goal positions me to be a much better: _____
- In pursuit of this goal and upon completion, I picture myself: _____
- My success will increase the possibility of: _____

COSTS OF NOT DOING IT

- If I don't complete my 30-day challenge: _____

SET IT IN MOTION

- I will be accountable to my team and mentors:
 - Name: _____ Phone: _____ (Mentor)
 - Name: _____ Phone: _____ (Mentor)
- Attend the webinars on the 1st and 3rd Tuesday evening of each month @ 9:15 ET 
- Call my mentor(s) to chart my progress and to be motivated!
- Also, to realize my progress, I will write down all the health problems (small or great) prior to starting the challenge!
- I will take all my supplements as directed on the bottle!
- I will eliminate the following weight gaining foods: _____

Write in your weight in the following boxes. Remember, if you're gaining muscle, your weight may stay the same even though you're losing fat!

<input type="checkbox"/> Day 1	<input type="checkbox"/> Day 2	<input type="checkbox"/> Day 3	<input type="checkbox"/> Day 4	<input type="checkbox"/> Day 5	<input type="checkbox"/> Day 6
<input type="checkbox"/> Day 7	<input type="checkbox"/> Day 8	<input type="checkbox"/> Day 9	<input type="checkbox"/> Day 10	<input type="checkbox"/> Day 11	<input type="checkbox"/> Day 12
<input type="checkbox"/> Day 13	<input type="checkbox"/> Day 14	<input type="checkbox"/> Day 15	<input type="checkbox"/> Day 16	<input type="checkbox"/> Day 17	<input type="checkbox"/> Day 18
<input type="checkbox"/> Day 19	<input type="checkbox"/> Day 20	<input type="checkbox"/> Day 21	<input type="checkbox"/> Day 22	<input type="checkbox"/> Day 23	<input type="checkbox"/> Day 24
<input type="checkbox"/> Day 25	<input type="checkbox"/> Day 26	<input type="checkbox"/> Day 27	<input type="checkbox"/> Day 28	<input type="checkbox"/> Day 29	<input type="checkbox"/> Day 30

Start today and make it day one regardless of the day of the month it is!

Remember, if it doesn't challenge you, it can't change you!