

Congratulations on your decision to participate in our Herbalife 3-Day Trial

I'm very excited for you! Herbalife products have been helping people for 35 years in over 90 countries. Our mission is to make an impact in our community and each success story puts us one step closer. I look forward to working with you on your wellness goals!

Herbalife is the most successful weight management company in the world. The secret to their success lies not just in fabulous nutrition products, but also in the fact that each customer receives personalized coaching from their own Wellness Coach (that's me!)

**Text/Call me before starting to let me know you
have received the package and are ready!**

3-Day Trial Pack "How To"

(Within 30 Mins of Waking Up)

- **(BREAKFAST)** • Herbalife Formula 1 Cookies N Cream Shake
• 1 Total Control Tablet

In a Blender : 8-10oz of water + 1 shake packet + handful of ice cubes & blend
Shaker Cup : 10oz of water + 1 shake packet & shake it up

- **(SNACK)** 2-3 hours later have a protein based snack
Ex: Greek Yogurt, Almonds, Egg Whites, Tuna, String Cheese
Goal : Pair up the protein with a fruit or vegetable

- **(LUNCH)** 2-3 hours later have your second shake or colorful meal
with 1 total control tablet

- **(SNACK)** 2-3 hours later have a protein based snack
Goal : Pair up the protein with a fruit or vegetable

- **(DINNER)** 2-3 hours later have your second shake or colorful meal

WATER GOAL : 1/2 BODY WEIGHT IN OZ

COLORFUL MEAL



DAY 1 CHECKLIST

1. Breakfast Shake & Total Control Tablet Within 30 Mins of Waking Up
2. Ate On Time Every 2-3 Hrs
3. Had 1 Colorful Healthy Meal
4. Drank 1/2 My Body Weight In Oz of Water
5. Followed Up With My Coach

Coaches Name: _____

Phone Number: _____

Email: _____