

LIVE IT. LOVE IT.

✓ TRACK IT.



HEALTH GOALS

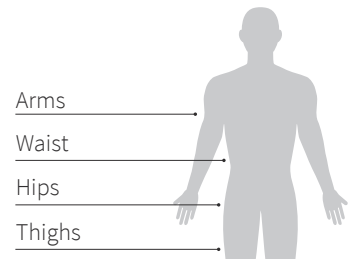
I want to:

- ☐ Lose weight
- ☐ Maintain my weight
- ☐ Control my hunger cravings
- ☐ Improve energy
- ☐ Improve digestion
- ☐ Reduce bloating/gas
- ☐ Improve regularity
- ☐ Improve sleep
- ☐ Reduce feelings of stress
- ☐ Improve mood
- ☐ Lessen discomfort
- ☐ Improve appearance of skin tone
- ☐ Improve skin hydration
- ☐ Lessen appearance of fine lines/wrinkles
- ☐ Lessen appearance of dark circles/puffiness



GETTING STARTED

- ☐ Set measurable goals (lose 3 inches, run a 5K)
- ☐ Take **BEFORE** photos
- ☐ Take body measurements (arms, waist, hips, thighs)
- ☐ Set up subscription (if you haven't already)
- ☐ Share the start of your healthy journey on social media



PRODUCTS I'M TAKING

Write down each product you're taking with the directions to establish your daily routine.

MORNING

Products

Directions

AFTERNOON

Products

Directions

EVENING

Products

Directions



TRACK YOUR HEALTH JOURNEY

Keep track of your results while taking Plexus® products. Write down on a scale of 1 to 10 how you would rate yourself in each category (1 being worst, 10 being best).

Inside Benefits	Energy	Everyday Stress	Hunger Cravings	Weight Goals	Bloating/Gas	Regularity	Digestion	Mood	Discomfort	Overall Health	Other	TOTAL
Today 📷 + 📷 TAKE BEFORE PHOTOS AND BODY MEASUREMENTS												
Day 3												
Day 7												
Day 14 (REORDER PRODUCT)												
Day 30 📷 + 📷 TAKE PROGRESS PHOTOS AND BODY MEASUREMENTS												
Day 45 (REORDER PRODUCT)												
Day 60 📷 + 📷 TAKE PROGRESS PHOTOS AND BODY MEASUREMENTS												
<ul style="list-style-type: none">• Document progress towards your measurable goals• Reflect on your journey & share your story on social media												

Outside Benefits	Appearance of Dark Circles/ Puffiness	Appearance of Firm & Tightened Skin	Appearance of Skin Tone	Skin Hydration	Appearance of Fine Lines/ Wrinkles	Healthy Looking Skin	Self Confidence	Other	TOTAL
Today 📷 TAKE BEFORE PHOTOS									
Day 3									
Day 7									
Day 14 (REORDER PRODUCT)									
Day 30 📷 TAKE PROGRESS PHOTOS									
Day 45 (REORDER PRODUCT)									
Day 60 📷 TAKE PROGRESS PHOTOS									
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