

AFTER THE

24 - DAY

JUMPSTART[®]

ADVOCARE

FITNESS + CARDIO FOCUS

IS THIS YOU?

- o You exercise regularly or are looking to increase the amount and/or intensity of your exercise.
- o Your long-term goals include body composition and/or cardiovascular endurance.

PILLARS OF WELLNESS OVERVIEW

- o Eat a well-balanced diet that contains a variety of nutrient-rich foods including lean proteins, complex carbohydrates, healthy fats, fruits, vegetables and water.
- o Be mindful of the foods you are consuming and how they fuel your workouts and recovery. Focus on pre and post-workout fuel as well as hydration to get to and through your workouts.
- o Keep track of your workouts, and make sure you are getting at least 2.5 hrs of aerobic exercise and 2 days of weight or resistance training each week.
- o Hydrate with at least ½ your body weight in ounces of water every day and consider increasing if you are extremely active.
- o Aim to get at least 7 hours of sleep per night to help your body recover and handle the demands of exercise.
- o Focus on managing stress in ways that complement your healthy lifestyle.

BUNDLE PRODUCTS

- o O₂ Gold[®]
- o Pre Workout
- o AdvoCare Catalyst[®]
- o Nighttime Recovery

OPTIONAL ADD-ONS

- o MNS[®]
- o Spark[®]
- o BodyLean25[®]
- o AdvoCare Rehydrate[®]

Results vary with individual effort, consistency of use, body composition, eating patterns and exercise. Participants should seek the advice of their health care provider before beginning any new supplement, exercise or nutritional program.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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IF YOU WORKOUT IN THE MORNING:

EXAMPLE DAILY SCHEDULE

ABOUT 30 MINUTES BEFORE WORKOUT	<input type="radio"/> <i>O₂ Gold</i> <input type="radio"/> <i>Pre Workout</i> <input type="radio"/> <i>AdvoCare Catalyst</i> [*] <input type="radio"/> <i>Other:</i> _____
AFTER WORKOUT BEFORE BREAKFAST	<input type="radio"/> <i>Optional MNS[*] Pack #1 (Omni and Delta)</i>
BREAKFAST	<input type="radio"/> <i>Protein:</i> _____ <input type="radio"/> <i>Complex Carb:</i> _____ <input type="radio"/> <i>Fruit:</i> _____ <input type="radio"/> <i>Fat:</i> _____
MID-MORNING SNACK	<input type="radio"/> <i>Dairy or Protein:</i> _____ <input type="radio"/> <i>Fruit or Complex Carb:</i> _____
30 MINUTES BEFORE LUNCH	<input type="radio"/> <i>AdvoCare Catalyst</i> [*]
LUNCH	<input type="radio"/> <i>Protein:</i> _____ <input type="radio"/> <i>Vegetable:</i> _____ <input type="radio"/> <i>Complex Carb:</i> _____ <input type="radio"/> <i>Fat:</i> _____ <input type="radio"/> <i>MNS[*] Pack #2 (Omni)</i>
1-2 HOURS AFTER LUNCH	<input type="radio"/> <i>Optional MNS[*] Pack #2 (Delta)</i>
MID-AFTERNOON SNACK	<input type="radio"/> <i>Dairy or Protein:</i> _____ <input type="radio"/> <i>Fruit or Complex Carb:</i> _____ <input type="radio"/> <i>Optional Vegetable:</i> _____ <input type="radio"/> <i>Optional Spark</i> [*]
DINNER	<input type="radio"/> <i>Protein:</i> _____ <input type="radio"/> <i>Vegetable:</i> _____ <input type="radio"/> <i>Fat:</i> _____ <input type="radio"/> <i>Optional Complex Carb:</i> _____
OPTIONAL AFTER DINNER SNACK	<input type="radio"/> <i>Dairy or Protein:</i> _____
BEDTIME	<input type="radio"/> <i>AdvoCare Catalyst</i> [*] <input type="radio"/> <i>Nighttime Recovery</i>
H₂O	
	Total Ounces _____

IF YOU WORKOUT IN THE AFTERNOON:

EXAMPLE DAILY SCHEDULE

30 MINUTES BEFORE BREAKFAST	<input type="radio"/> <i>Optional MNS[*] Pack #1 (Omni and Delta)</i> <input type="radio"/> <i>Optional Spark</i> [*] <input type="radio"/> <i>AdvoCare Catalyst</i> [*]
BREAKFAST	<input type="radio"/> <i>Protein:</i> _____ <input type="radio"/> <i>Complex Carb:</i> _____ <input type="radio"/> <i>Fruit:</i> _____ <input type="radio"/> <i>Fat:</i> _____
MID-MORNING SNACK	<input type="radio"/> <i>Dairy or Protein:</i> _____ <input type="radio"/> <i>Fruit or Complex Carb:</i> _____
30 MINUTES BEFORE LUNCH	<input type="radio"/> <i>AdvoCare Catalyst</i> [*]
LUNCH	<input type="radio"/> <i>Protein:</i> _____ <input type="radio"/> <i>Vegetable:</i> _____ <input type="radio"/> <i>Complex Carb:</i> _____ <input type="radio"/> <i>Fat:</i> _____ <input type="radio"/> <i>Optional MNS[*] Pack #2 (Omni)</i>
1-2 HOURS AFTER LUNCH	<input type="radio"/> <i>Optional MNS[*] Pack #2 (Delta)</i>
MID-AFTERNOON SNACK	<input type="radio"/> <i>Dairy or Protein:</i> _____ <input type="radio"/> <i>Fruit or Complex Carb:</i> _____ <input type="radio"/> <i>Optional Vegetable:</i> _____
ABOUT 30 MINUTES BEFORE WORKOUT	<input type="radio"/> <i>O₂ Gold</i> [*] <input type="radio"/> <i>Pre Workout</i>
DINNER	<input type="radio"/> <i>Protein:</i> _____ <input type="radio"/> <i>Vegetable:</i> _____ <input type="radio"/> <i>Fat:</i> _____ <input type="radio"/> <i>Optional Complex Carb:</i> _____
OPTIONAL AFTER DINNER SNACK	<input type="radio"/> <i>Dairy or Protein:</i> _____
BEDTIME	<input type="radio"/> <i>AdvoCare Catalyst</i> [*] <input type="radio"/> <i>Nighttime Recovery</i>
H₂O	
	Total Ounces _____

**Note: Pre Workout contains caffeine, so be aware of that if you choose to take it before an evening workout.*

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