

LOOK
BETTER
FEEL
BETTER
PERFORM
BETTER

ADVOCARE®

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99893/05_0725

24-DAY
JUMPSTART®
ADVOCARE
WORKBOOK



2 4 - D A Y

JUMPSTART®

ADVOCARE

W O R K B O O K

Results vary with individual effort, consistency of use, body composition, eating patterns and exercise.

The 24-Day JumpStart™ program and materials are for educational use only and should not be considered or used as a substitute for medical advice, diagnosis or treatment. Responses to the 24-Day JumpStart will vary based on individual characteristics. Participants should seek the advice of a physician or other qualified healthcare provider with any questions regarding personal health or medical conditions or before beginning any new supplement, exercise or nutritional program.

For more information visit advocare.com

YOUR JOURNEY BEGINS NOW...



WELCOME

Ready. Set. 24-Day JumpStart®!

You've got a goal to meet and we're ready to cheer you on. Use this Workbook to track your progress and keep your goals in mind. Let's begin!

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WHAT TO EXPECT



CLEANSE PHASE

DAYS 1 - 10

Ten days to reset and refocus your healthy habits.



MAX PHASE

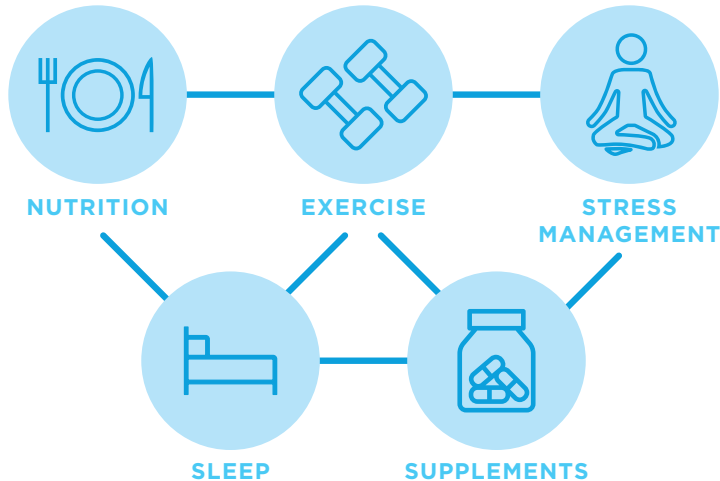
DAYS 11 - 24

Two weeks to take it to the next level!

QUICKSTART

A SIMPLIFIED SOURCE OF TIPS AND TRICKS

FOUNDATIONS OF A HEALTHY LIFESTYLE



KEYS FOR SUCCESS



PLAN OUT YOUR MEALS

When, what and how much?



SET YOUR GOAL

What is today's focus?



MAKE ADJUSTMENTS

What do you need to work on?



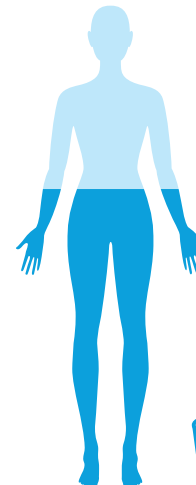
SET REMINDERS

Did you take your products on time?



CHECK-IN

Who keeps you accountable?



TRY TO DRINK HALF YOUR BODY WEIGHT IN OUNCES OF WATER EVERY DAY

Example:

If you weigh 160 lbs, you need to drink 80 oz of water per day.

A cup of water is about 8 oz, so you'll need to drink 10 cups of water.



GOAL SETTING

As you begin your journey, it's important to set goals. Goal setting is the process of designing what you want to accomplish and devising a plan to achieve the results you desire. Here are our top tips on making a **SMAART** goal:

SPECIFIC: A goal should be as specific as possible so you know exactly what you're working toward. "Lose weight," for example, might be too vague. What exactly do you want to achieve and how? Why do you want to achieve that goal? Some examples include: "Fit into my old jeans" or "Maintain a consistent workout routine three to four times per week."

MEASURABLE: You won't know if you've reached a goal unless you measure your progress along the way.

ACCOUNTABLE: Keep track of your journey by writing in this JumpStart Workbook. Pick a family member or friend to help you stay on track and work toward your goal.

ATTAINABLE: You want your goal to be challenging but within reach. You don't want your goal to be too difficult because you may get discouraged, but you want to pick a goal that isn't too easy.

REALISTIC AND RELEVANT: Each person is different—we all have different capabilities, preferences and resources. Pick a goal that is realistic and relevant to you, and make adjustments as needed.

TIME FRAME: You can divide your goal into different periods to help set milestones you'd like to accomplish each step of the way—we recommend starting with 24 days. What would you like to try to achieve in the next 24 days? Then think longer term into the next 90 days, the next year or the next five years. Start small and build confidence as you work toward your goal.

Remember, it's a marathon—not a sprint. Some goals will take longer to achieve and require more consistent work than others.

WHAT'S YOUR GOAL FOR THE NEXT 10 DAYS?

WHAT'S YOUR GOAL FOR THE NEXT 24 DAYS?

WHAT'S YOUR GOAL FOR THE NEXT 90 DAYS?

WHAT'S YOUR ULTIMATE LONG-TERM GOAL?

MEASUREMENTS

Though the scale is one way to track your progress on a fitness journey, it can sometimes miss key indicators that the changes you are making in your health and lifestyle habits are having a positive impact.

Use a tape measure for accuracy:

CHEST: Measure around the chest/bust at fullest point.

ARM: Measure around the fullest part of your arm, unflexed.

WAIST: Measure around the smallest part of your waistline, typically just at or above your belly button.

HIPS: Measure around the fullest part of your hips, keeping the tape parallel to the floor.

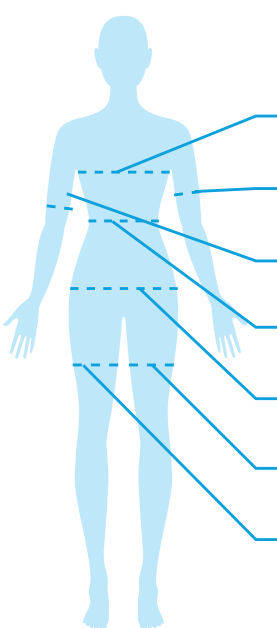
THIGH: Measure the fullest part of the thigh.

Pictures are also a great way to keep track of your progress throughout your journey. We recommend you take pictures whenever you take new measurements.

Here are a few picture tips:

- Wear the same outfit in every picture.
- Take the picture in the same well-lit, clutter-free location with the same lighting.
- Take multiple angles (front, back, side) while maintaining proper posture and not sucking in or “sticking it out”.

LOOK AT YOU GO



DAY AREA	1	10 CLEANSE PHASE	24 MAX PHASE
CHEST			
LEFT ARM			
RIGHT ARM			
WAIST			
HIPS			
LEFT THIGH			
RIGHT THIGH			
TOTAL INCHES			
WEIGHT			

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**BE A
PLANNER
PRACTICE
MAKES
PROGRESS**



**DAILY
CHECKLISTS**

DAY 1

DAILY TIP #1

Nutrient-rich snacks with fiber and protein can help prevent energy lulls and are a great way to add nutrients to your day. Plan an afternoon snack between lunch and dinner to help yourself make better portion decisions at dinner time.

TODAY'S DATE: _____

I slept _____ hours last night.

On a scale of 1-10, today I feel:

1 2 3 4 5 6 7 8 9 10

EXERCISE:

DAILY GOAL:

30 MINUTES BEFORE BREAKFAST	☐ Spark* ☐ Synbiotic Ultra* Capsules
BREAKFAST	☐ AdvoCare® Fiber (follow with 8 oz of water) ☐ Protein: _____ ☐ Complex Carb: _____ ☐ Fruit: _____ ☐ Fat: _____
MID-MORNING	☐ Dairy or Protein: _____ ☐ Fruit or Complex Carb: _____
LUNCH	☐ Protein: _____ ☐ Vegetable: _____ ☐ Complex Carb: _____ ☐ Fat: _____
MID-AFTERNOON	☐ Dairy or Protein: _____ ☐ Fruit or Complex Carb: _____ ☐ Optional Vegetable: _____ ☐ Optional Spark*
DINNER	☐ Protein: _____ ☐ Vegetable: _____ ☐ Fat: _____ ☐ Optional Complex Carb: _____ ☐ OmegaPlex* (optional)
AFTER DINNER	☐ Dairy or Protein: _____
BEDTIME	☐ AdvoCare® Cleanse Caplets
H₂O	Total Ounces _____

DAY 2

DAILY TIP #2

When choosing snacks, try to include food groups that you might miss in meals like dairy or fruit. Adding milk, cheese, yogurt and fruit to snack time can increase your nutrient intake!

TODAY'S DATE: _____

I slept _____ hours last night.

On a scale of 1-10, today I feel:

1 2 3 4 5 6 7 8 9 10

EXERCISE:

DAILY GOAL:

30 MINUTES BEFORE BREAKFAST	☐ Spark* ☐ Synbiotic Ultra* Capsules
BREAKFAST	☐ AdvoCare® Fiber (follow with 8 oz of water) ☐ Protein: _____ ☐ Complex Carb: _____ ☐ Fruit: _____ ☐ Fat: _____
MID-MORNING	☐ Dairy or Protein: _____ ☐ Fruit or Complex Carb: _____
LUNCH	☐ Protein: _____ ☐ Vegetable: _____ ☐ Complex Carb: _____ ☐ Fat: _____
MID-AFTERNOON	☐ Dairy or Protein: _____ ☐ Fruit or Complex Carb: _____ ☐ Optional Vegetable: _____ ☐ Optional Spark*
DINNER	☐ Protein: _____ ☐ Vegetable: _____ ☐ Fat: _____ ☐ Optional Complex Carb: _____ ☐ OmegaPlex* (optional)
AFTER DINNER	☐ Dairy or Protein: _____
BEDTIME	☐ AdvoCare® Cleanse Caplets
H₂O	Total Ounces _____

I slept _____ hours last night.

On a scale of 1–10, today I feel:

1 2 3 4 5 6 7 8 9 10

EXERCISE:

DAILY GOAL:

30 MINUTES BEFORE BREAKFAST	☐ Spark* ☐ Synbiotic Ultra* Capsules
BREAKFAST	☐ AdvoCare® Fiber (follow with 8 oz of water) ☐ Protein: _____ ☐ Complex Carb: _____ ☐ Fruit: _____ ☐ Fat: _____
MID-MORNING	☐ Dairy or Protein: _____ ☐ Fruit or Complex Carb: _____
LUNCH	☐ Protein: _____ ☐ Vegetable: _____ ☐ Complex Carb: _____ ☐ Fat: _____
MID-AFTERNOON	☐ Dairy or Protein: _____ ☐ Fruit or Complex Carb: _____ ☐ Optional Vegetable: _____ ☐ Optional Spark*
DINNER	☐ Protein: _____ ☐ Vegetable: _____ ☐ Fat: _____ ☐ Optional Complex Carb: _____ ☐ OmegaPlex* (optional)
AFTER DINNER	☐ Dairy or Protein: _____
BEDTIME	☐ AdvoCare® Cleanse Caplets
H₂O           Total Ounces	

DAY 4

DAILY TIP #4

Consuming soluble fiber can help you get full faster and stay full longer after a meal! Add soluble fiber to your eating plan with foods made with oats, fruits where you can eat the skin (apples, pears, berries), almonds and seeds.

TODAY'S DATE: _____

I slept _____ hours last night.

On a scale of 1-10, today I feel:

1 2 3 4 5 6 7 8 9 10

EXERCISE:

DAILY GOAL:

30 MINUTES BEFORE BREAKFAST	☐ Spark* ☐ Synbiotic Ultra* Capsules
BREAKFAST	☐ AdvoCare® Fiber (follow with 8 oz of water) ☐ Protein: _____ ☐ Complex Carb: _____ ☐ Fruit: _____ ☐ Fat: _____
MID-MORNING	☐ Dairy or Protein: _____ ☐ Fruit or Complex Carb: _____
LUNCH	☐ Protein: _____ ☐ Vegetable: _____ ☐ Complex Carb: _____ ☐ Fat: _____
MID-AFTERNOON	☐ Dairy or Protein: _____ ☐ Fruit or Complex Carb: _____ ☐ Optional Vegetable: _____ ☐ Optional Spark*
DINNER	☐ Protein: _____ ☐ Vegetable: _____ ☐ Fat: _____ ☐ Optional Complex Carb: _____ ☐ OmegaPlex* (optional)
AFTER DINNER	☐ Dairy or Protein: _____
BEDTIME	☐ AdvoCare® Cleanse Caplets
H₂O	Total Ounces _____

DAY 5

DAILY TIP #5

Watch out for sneaky sources of sodium! Your dietary intake of sodium should be at or under 2,300 mg per day. You can lower sodium intake by eating less processed and packaged foods, less restaurant food, less frozen entrées and filling up on more whole foods like fruits, vegetables and dairy!

TODAY'S DATE: _____

I slept _____ hours last night.

On a scale of 1–10, today I feel:

1 2 3 4 5 6 7 8 9 10

EXERCISE:

DAILY GOAL:

30 MINUTES BEFORE BREAKFAST	☐ Spark* ☐ Synbiotic Ultra* Capsules
BREAKFAST	☐ AdvoCare® Fiber (follow with 8 oz of water) ☐ Protein: _____ ☐ Complex Carb: _____ ☐ Fruit: _____ ☐ Fat: _____
MID-MORNING	☐ Dairy or Protein: _____ ☐ Fruit or Complex Carb: _____
LUNCH	☐ Protein: _____ ☐ Vegetable: _____ ☐ Complex Carb: _____ ☐ Fat: _____
MID-AFTERNOON	☐ Dairy or Protein: _____ ☐ Fruit or Complex Carb: _____ ☐ Optional Vegetable: _____ ☐ Optional Spark*
DINNER	☐ Protein: _____ ☐ Vegetable: _____ ☐ Fat: _____ ☐ Optional Complex Carb: _____ ☐ OmegaPlex* (optional)
AFTER DINNER	☐ Dairy or Protein: _____
BEDTIME	☐ AdvoCare® Cleanse Caplets
H₂O	Total Ounces _____

DAY 6

DAILY TIP #6

Breakfast is the most important meal of the day because it breaks your overnight fast and sets the base for your energy and blood sugar throughout the day. Don't make it a small snack; be sure to get in high-fiber carbohydrates and protein to start your day!

TODAY'S DATE: _____

I slept _____ hours last night.

On a scale of 1-10, today I feel:

1 2 3 4 5 6 7 8 9 10

EXERCISE:

DAILY GOAL:

30 MINUTES BEFORE BREAKFAST	☐ Spark* ☐ Synbiotic Ultra* Capsules
BREAKFAST	☐ AdvoCare® Fiber (follow with 8 oz of water) ☐ Protein: _____ ☐ Complex Carb: _____ ☐ Fruit: _____ ☐ Fat: _____
MID-MORNING	☐ Dairy or Protein: _____ ☐ Fruit or Complex Carb: _____
LUNCH	☐ Protein: _____ ☐ Vegetable: _____ ☐ Complex Carb: _____ ☐ Fat: _____
MID-AFTERNOON	☐ Dairy or Protein: _____ ☐ Fruit or Complex Carb: _____ ☐ Optional Vegetable: _____ ☐ Optional Spark*
DINNER	☐ Protein: _____ ☐ Vegetable: _____ ☐ Fat: _____ ☐ Optional Complex Carb: _____ ☐ OmegaPlex* (optional)
AFTER DINNER	☐ Dairy or Protein: _____
BEDTIME	☐ AdvoCare® Cleanse Caplets
H₂O	Total Ounces _____

DAY 7

DAILY TIP #7

Make half of your lunch and dinner plate vegetables. Vegetables can be eaten raw in a salad, layered on a sandwich, wrap or burger, or roasted, steamed or sautéed as a side item.

TODAY'S DATE: _____

I slept _____ hours last night.

On a scale of 1-10, today I feel:

1 2 3 4 5 6 7 8 9 10

EXERCISE:

DAILY GOAL:

30 MINUTES BEFORE BREAKFAST	☐ Spark* ☐ Synbiotic Ultra* Capsules
BREAKFAST	☐ AdvoCare® Fiber (follow with 8 oz of water) ☐ Protein: _____ ☐ Complex Carb: _____ ☐ Fruit: _____ ☐ Fat: _____
MID-MORNING	☐ Dairy or Protein: _____ ☐ Fruit or Complex Carb: _____
LUNCH	☐ Protein: _____ ☐ Vegetable: _____ ☐ Complex Carb: _____ ☐ Fat: _____
MID-AFTERNOON	☐ Dairy or Protein: _____ ☐ Fruit or Complex Carb: _____ ☐ Optional Vegetable: _____ ☐ Optional Spark*
DINNER	☐ Protein: _____ ☐ Vegetable: _____ ☐ Fat: _____ ☐ Optional Complex Carb: _____ ☐ OmegaPlex* (optional)
AFTER DINNER	☐ Dairy or Protein: _____
BEDTIME	☐ AdvoCare® Cleanse Caplets
H₂O	Total Ounces _____

DAY 8

DAILY TIP #8

Portion control for snacks can be hard. One idea is to “snack baggie” your favorite snacks like cheese cubes, whole grain crackers, nuts, trail mix, etc. at the beginning of the week so they are ready to go, in the right portion sizes, when you are hungry.

TODAY'S DATE: _____

I slept _____ hours last night.

On a scale of 1-10, today I feel:

1 2 3 4 5 6 7 8 9 10

EXERCISE:

DAILY GOAL:

30 MINUTES BEFORE BREAKFAST	☐ Spark* ☐ Synbiotic Ultra* Capsules
BREAKFAST	☐ AdvoCare® Fiber (follow with 8 oz of water) ☐ Protein: _____ ☐ Complex Carb: _____ ☐ Fruit: _____ ☐ Fat: _____
MID-MORNING	☐ Dairy or Protein: _____ ☐ Fruit or Complex Carb: _____
LUNCH	☐ Protein: _____ ☐ Vegetable: _____ ☐ Complex Carb: _____ ☐ Fat: _____
MID-AFTERNOON	☐ Dairy or Protein: _____ ☐ Fruit or Complex Carb: _____ ☐ Optional Vegetable: _____ ☐ Optional Spark*
DINNER	☐ Protein: _____ ☐ Vegetable: _____ ☐ Fat: _____ ☐ Optional Complex Carb: _____ ☐ OmegaPlex* (optional)
AFTER DINNER	☐ Dairy or Protein: _____
BEDTIME	☐ AdvoCare® Cleanse Caplets
H₂O	Total Ounces _____

DAY 9

DAILY TIP #9

Trying to reach a weight-loss goal? Try tracking your meals and snacks in an app. Being aware of how much you are eating and how many calories you consume can help you watch portions and possibly choose healthier options.

TODAY'S DATE: _____

I slept _____ hours last night.

On a scale of 1-10, today I feel:

1 2 3 4 5 6 7 8 9 10

EXERCISE:

DAILY GOAL:

30 MINUTES BEFORE BREAKFAST	☐ Spark* ☐ Synbiotic Ultra* Capsules
BREAKFAST	☐ AdvoCare® Fiber (follow with 8 oz of water) ☐ Protein: _____ ☐ Complex Carb: _____ ☐ Fruit: _____ ☐ Fat: _____
MID-MORNING	☐ Dairy or Protein: _____ ☐ Fruit or Complex Carb: _____
LUNCH	☐ Protein: _____ ☐ Vegetable: _____ ☐ Complex Carb: _____ ☐ Fat: _____
MID-AFTERNOON	☐ Dairy or Protein: _____ ☐ Fruit or Complex Carb: _____ ☐ Optional Vegetable: _____ ☐ Optional Spark*
DINNER	☐ Protein: _____ ☐ Vegetable: _____ ☐ Fat: _____ ☐ Optional Complex Carb: _____ ☐ OmegaPlex* (optional)
AFTER DINNER	☐ Dairy or Protein: _____
BEDTIME	☐ AdvoCare® Cleanse Caplets
H₂O	Total Ounces _____

DAY 10

DAILY TIP #10

To lose body fat, you need to eat less and move more! Adding extra steps to your normal day and eating until you are “not hungry” versus “full” will get you headed in the right direction!

TODAY'S DATE: _____

I slept _____ hours last night.

On a scale of 1-10, today I feel:

1 2 3 4 5 6 7 8 9 10

EXERCISE:

DAILY GOAL:

30 MINUTES BEFORE BREAKFAST	☐ Spark* ☐ Synbiotic Ultra* Capsules
BREAKFAST	☐ AdvoCare® Fiber (follow with 8 oz of water) ☐ Protein: _____ ☐ Complex Carb: _____ ☐ Fruit: _____ ☐ Fat: _____
MID-MORNING	☐ Dairy or Protein: _____ ☐ Fruit or Complex Carb: _____
LUNCH	☐ Protein: _____ ☐ Vegetable: _____ ☐ Complex Carb: _____ ☐ Fat: _____
MID-AFTERNOON	☐ Dairy or Protein: _____ ☐ Fruit or Complex Carb: _____ ☐ Optional Vegetable: _____ ☐ Optional Spark*
DINNER	☐ Protein: _____ ☐ Vegetable: _____ ☐ Fat: _____ ☐ Optional Complex Carb: _____ ☐ OmegaPlex* (optional)
AFTER DINNER	☐ Dairy or Protein: _____
BEDTIME	☐ AdvoCare® Cleanse Caplets
H₂O	Total Ounces _____

DAY 11

DAILY TIP #11

To maintain a healthy weight, try to consume at least three food groups in every meal. Making vegetables one of those food groups will up your fiber intake and your satiety level!

TODAY'S DATE: _____

I slept _____ hours last night.

On a scale of 1–10, today I feel:

1 2 3 4 5 6 7 8 9 10

EXERCISE:

DAILY GOAL:

30 MINUTES BEFORE BREAKFAST	☐ Spark* ☐ MNS Pack #1 (for Omni or Delta users) ☐ Other: _____
BREAKFAST	☐ Meal Replacement Shake ☐ Optional Shake Additions: _____ _____
MID-MORNING	☐ Dairy or Protein: _____ ☐ Fruit or Complex Carb: _____
LUNCH	☐ Protein: _____ ☐ Vegetable: _____ ☐ Complex Carb: _____ ☐ Fat: _____ ☐ MNS Pack #2 (for Omni users)
1 - 2 HOURS AFTER LUNCH	☐ MNS Pack #2 (for Delta users)
MID-AFTERNOON	☐ Dairy or Protein: _____ ☐ Fruit or Complex Carb: _____ ☐ Optional Vegetable: _____ ☐ Optional Spark
DINNER	☐ Protein: _____ ☐ Vegetable: _____ ☐ Fat: _____ ☐ Optional Complex Carb: _____
AFTER DINNER	☐ Dairy or Protein: _____
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DAY 12

DAILY TIP #12

Swapping a whole grain like oats, quinoa or brown rice in the place of waffles, pasta or another processed carbohydrate will increase your fiber, iron and B-vitamin intake in addition to helping you feel fuller at meals.

TODAY'S DATE: _____

I slept _____ hours last night.

On a scale of 1-10, today I feel:

1 2 3 4 5 6 7 8 9 10

EXERCISE:

DAILY GOAL:

30 MINUTES BEFORE BREAKFAST	☐ Spark* ☐ MNS Pack #1 (for Omni or Delta users) ☐ Other: _____
BREAKFAST	☐ Meal Replacement Shake ☐ Optional Shake Additions: _____ _____
MID-MORNING	☐ Dairy or Protein: _____ ☐ Fruit or Complex Carb: _____
LUNCH	☐ Protein: _____ ☐ Vegetable: _____ ☐ Complex Carb: _____ ☐ Fat: _____ ☐ MNS Pack #2 (for Omni users)
1 - 2 HOURS AFTER LUNCH	☐ MNS Pack #2 (for Delta users)
MID-AFTERNOON	☐ Dairy or Protein: _____ ☐ Fruit or Complex Carb: _____ ☐ Optional Vegetable: _____ ☐ Optional Spark
DINNER	☐ Protein: _____ ☐ Vegetable: _____ ☐ Fat: _____ ☐ Optional Complex Carb: _____
AFTER DINNER	☐ Dairy or Protein: _____
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DAY 13

DAILY TIP #13

Swapping yogurt in place of cream cheese, mayonnaise or even cream in a recipe can help lower fat, increase protein and provide you with calcium and potassium!

TODAY'S DATE: _____

I slept _____ hours last night.

On a scale of 1-10, today I feel:

1 2 3 4 5 6 7 8 9 10

EXERCISE:

DAILY GOAL:

30 MINUTES BEFORE BREAKFAST	☐ Spark* ☐ MNS Pack #1 (for Omni or Delta users) ☐ Other: _____
BREAKFAST	☐ Meal Replacement Shake ☐ Optional Shake Additions: _____ _____
MID-MORNING	☐ Dairy or Protein: _____ ☐ Fruit or Complex Carb: _____
LUNCH	☐ Protein: _____ ☐ Vegetable: _____ ☐ Complex Carb: _____ ☐ Fat: _____ ☐ MNS Pack #2 (for Omni users)
1 - 2 HOURS AFTER LUNCH	☐ MNS Pack #2 (for Delta users)
MID-AFTERNOON	☐ Dairy or Protein: _____ ☐ Fruit or Complex Carb: _____ ☐ Optional Vegetable: _____ ☐ Optional Spark
DINNER	☐ Protein: _____ ☐ Vegetable: _____ ☐ Fat: _____ ☐ Optional Complex Carb: _____
AFTER DINNER	☐ Dairy or Protein: _____
H₂O	
Total Ounces	

DAY 14

DAILY TIP #14

Are you a pasta lover and wish you weren't? Try zucchini "zoodles" or spiralized sweet potato strings in the place of noodles to lower the calories and up the fiber, all while eating your favorite food!

TODAY'S DATE: _____

I slept _____ hours last night.

On a scale of 1-10, today I feel:

1 2 3 4 5 6 7 8 9 10

EXERCISE:

DAILY GOAL:

30 MINUTES BEFORE BREAKFAST	☐ Spark* ☐ MNS Pack #1 (for Omni or Delta users) ☐ Other: _____
BREAKFAST	☐ Meal Replacement Shake ☐ Optional Shake Additions: _____ _____
MID-MORNING	☐ Dairy or Protein: _____ ☐ Fruit or Complex Carb: _____
LUNCH	☐ Protein: _____ ☐ Vegetable: _____ ☐ Complex Carb: _____ ☐ Fat: _____ ☐ MNS Pack #2 (for Omni users)
1 - 2 HOURS AFTER LUNCH	☐ MNS Pack #2 (for Delta users)
MID-AFTERNOON	☐ Dairy or Protein: _____ ☐ Fruit or Complex Carb: _____ ☐ Optional Vegetable: _____ ☐ Optional Spark
DINNER	☐ Protein: _____ ☐ Vegetable: _____ ☐ Fat: _____ ☐ Optional Complex Carb: _____
AFTER DINNER	☐ Dairy or Protein: _____
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DAY 15

DAILY TIP #15

Salt can make foods tasty but be a nemesis to your heart's health! Try seasoning foods with basil, oregano, rosemary, ginger and turmeric for a delicious flavor with no sodium!

TODAY'S DATE: _____

I slept _____ hours last night.

On a scale of 1-10, today I feel:

1 2 3 4 5 6 7 8 9 10

EXERCISE:

DAILY GOAL:

30 MINUTES BEFORE BREAKFAST	☐ Spark* ☐ MNS Pack #1 (for Omni or Delta users) ☐ Other: _____
BREAKFAST	☐ Meal Replacement Shake ☐ Optional Shake Additions: _____ _____
MID-MORNING	☐ Dairy or Protein: _____ ☐ Fruit or Complex Carb: _____
LUNCH	☐ Protein: _____ ☐ Vegetable: _____ ☐ Complex Carb: _____ ☐ Fat: _____ ☐ MNS Pack #2 (for Omni users)
1 - 2 HOURS AFTER LUNCH	☐ MNS Pack #2 (for Delta users)
MID-AFTERNOON	☐ Dairy or Protein: _____ ☐ Fruit or Complex Carb: _____ ☐ Optional Vegetable: _____ ☐ Optional Spark
DINNER	☐ Protein: _____ ☐ Vegetable: _____ ☐ Fat: _____ ☐ Optional Complex Carb: _____
AFTER DINNER	☐ Dairy or Protein: _____
H₂O	
_____ Total Ounces	

DAY 16

DAILY TIP #16

Nutrition is like a teeter-totter; if one side goes up in calories, the other side must go down. When eating out, if you need a burger, choose fruit and milk as side items. If fries are a must, pair them with a grilled chicken wrap or salad. Balance it out!

TODAY'S DATE: _____

I slept _____ hours last night.

On a scale of 1-10, today I feel:

1 2 3 4 5 6 7 8 9 10

EXERCISE:

DAILY GOAL:

30 MINUTES BEFORE BREAKFAST	☐ Spark* ☐ MNS Pack #1 (for Omni or Delta users) ☐ Other: _____
BREAKFAST	☐ Meal Replacement Shake ☐ Optional Shake Additions: _____ _____
MID-MORNING	☐ Dairy or Protein: _____ ☐ Fruit or Complex Carb: _____
LUNCH	☐ Protein: _____ ☐ Vegetable: _____ ☐ Complex Carb: _____ ☐ Fat: _____ ☐ MNS Pack #2 (for Omni users)
1 - 2 HOURS AFTER LUNCH	☐ MNS Pack #2 (for Delta users)
MID-AFTERNOON	☐ Dairy or Protein: _____ ☐ Fruit or Complex Carb: _____ ☐ Optional Vegetable: _____ ☐ Optional Spark
DINNER	☐ Protein: _____ ☐ Vegetable: _____ ☐ Fat: _____ ☐ Optional Complex Carb: _____
AFTER DINNER	☐ Dairy or Protein: _____
H₂O	
Total Ounces	

DAY 17

DAILY TIP #17

When eating out at restaurants, try to split a meal with a spouse or friend, and each of you order a side salad. Eating a smaller portion will help keep the calorie count down! Ordering a kid's size meal can also help you save on calories by eating less!

TODAY'S DATE: _____

I slept _____ hours last night.

On a scale of 1-10, today I feel:

1 2 3 4 5 6 7 8 9 10

EXERCISE:

DAILY GOAL:

30 MINUTES BEFORE BREAKFAST	☐ Spark* ☐ MNS Pack #1 (for Omni or Delta users) ☐ Other: _____
BREAKFAST	☐ Meal Replacement Shake ☐ Optional Shake Additions: _____ _____
MID-MORNING	☐ Dairy or Protein: _____ ☐ Fruit or Complex Carb: _____
LUNCH	☐ Protein: _____ ☐ Vegetable: _____ ☐ Complex Carb: _____ ☐ Fat: _____ ☐ MNS Pack #2 (for Omni users)
1 - 2 HOURS AFTER LUNCH	☐ MNS Pack #2 (for Delta users)
MID-AFTERNOON	☐ Dairy or Protein: _____ ☐ Fruit or Complex Carb: _____ ☐ Optional Vegetable: _____ ☐ Optional Spark
DINNER	☐ Protein: _____ ☐ Vegetable: _____ ☐ Fat: _____ ☐ Optional Complex Carb: _____
AFTER DINNER	☐ Dairy or Protein: _____
H₂O	
_____ Total Ounces	

DAY 18

DAILY TIP #18

When eating out at restaurants, put the sauces and dressings on the side. Many are loaded with fat and calories but are less calorically costly when you simply use less!

TODAY'S DATE: _____

I slept _____ hours last night.

On a scale of 1-10, today I feel:

1 2 3 4 5 6 7 8 9 10

EXERCISE:

DAILY GOAL:

30 MINUTES BEFORE BREAKFAST	☐ Spark* ☐ MNS Pack #1 (for Omni or Delta users) ☐ Other: _____
BREAKFAST	☐ Meal Replacement Shake ☐ Optional Shake Additions: _____ _____
MID-MORNING	☐ Dairy or Protein: _____ ☐ Fruit or Complex Carb: _____
LUNCH	☐ Protein: _____ ☐ Vegetable: _____ ☐ Complex Carb: _____ ☐ Fat: _____ ☐ MNS Pack #2 (for Omni users)
1 - 2 HOURS AFTER LUNCH	☐ MNS Pack #2 (for Delta users)
MID-AFTERNOON	☐ Dairy or Protein: _____ ☐ Fruit or Complex Carb: _____ ☐ Optional Vegetable: _____ ☐ Optional Spark
DINNER	☐ Protein: _____ ☐ Vegetable: _____ ☐ Fat: _____ ☐ Optional Complex Carb: _____
AFTER DINNER	☐ Dairy or Protein: _____
H₂O	         
_____ Total Ounces	

DAY 19

DAILY TIP #19

Before you head to your favorite restaurant, check out the nutrient profile of your favorite meal on the restaurant's website. Being aware of what's in an entrée beforehand can help you save calories when ordering on the spot.

TODAY'S DATE: _____

I slept _____ hours last night.

On a scale of 1–10, today I feel:

1 2 3 4 5 6 7 8 9 10

EXERCISE:

DAILY GOAL:

30 MINUTES BEFORE BREAKFAST	☐ Spark* ☐ MNS Pack #1 (for Omni or Delta users) ☐ Other: _____
BREAKFAST	☐ Meal Replacement Shake ☐ Optional Shake Additions: _____
MID-MORNING	☐ Dairy or Protein: _____ ☐ Fruit or Complex Carb: _____
LUNCH	☐ Protein: _____ ☐ Vegetable: _____ ☐ Complex Carb: _____ ☐ Fat: _____ ☐ MNS Pack #2 (for Omni users)
1 - 2 HOURS AFTER LUNCH	☐ MNS Pack #2 (for Delta users)
MID-AFTERNOON	☐ Dairy or Protein: _____ ☐ Fruit or Complex Carb: _____ ☐ Optional Vegetable: _____ ☐ Optional Spark
DINNER	☐ Protein: _____ ☐ Vegetable: _____ ☐ Fat: _____ ☐ Optional Complex Carb: _____
AFTER DINNER	☐ Dairy or Protein: _____
H₂O	
_____ Total Ounces	

DAY 20

DAILY TIP #20

When eating at parties or family gatherings, choose the smaller plate on the buffet line. By default, you will eat less. Then move away from the food table so you can't keep snacking!

TODAY'S DATE: _____

I slept _____ hours last night.

On a scale of 1-10, today I feel:

1 2 3 4 5 6 7 8 9 10

EXERCISE:

DAILY GOAL:

30 MINUTES BEFORE BREAKFAST	☐ Spark* ☐ MNS Pack #1 (for Omni or Delta users) ☐ Other: _____
BREAKFAST	☐ Meal Replacement Shake ☐ Optional Shake Additions: _____ _____
MID-MORNING	☐ Dairy or Protein: _____ ☐ Fruit or Complex Carb: _____
LUNCH	☐ Protein: _____ ☐ Vegetable: _____ ☐ Complex Carb: _____ ☐ Fat: _____ ☐ MNS Pack #2 (for Omni users)
1 - 2 HOURS AFTER LUNCH	☐ MNS Pack #2 (for Delta users)
MID-AFTERNOON	☐ Dairy or Protein: _____ ☐ Fruit or Complex Carb: _____ ☐ Optional Vegetable: _____ ☐ Optional Spark
DINNER	☐ Protein: _____ ☐ Vegetable: _____ ☐ Fat: _____ ☐ Optional Complex Carb: _____
AFTER DINNER	☐ Dairy or Protein: _____
H₂O	
_____ Total Ounces	

DAY 21

DAILY TIP #21

Don't ever go to a party or friend gathering hungry! Eat a small protein-rich snack 30 minutes to an hour before so that you are not starving. This can help you choose proper portions on the buffet line.

TODAY'S DATE: _____

I slept _____ hours last night.

On a scale of 1-10, today I feel:

1 2 3 4 5 6 7 8 9 10

EXERCISE:

DAILY GOAL:

30 MINUTES BEFORE BREAKFAST	☐ Spark* ☐ MNS Pack #1 (for Omni or Delta users) ☐ Other: _____
BREAKFAST	☐ Meal Replacement Shake ☐ Optional Shake Additions: _____ _____
MID-MORNING	☐ Dairy or Protein: _____ ☐ Fruit or Complex Carb: _____
LUNCH	☐ Protein: _____ ☐ Vegetable: _____ ☐ Complex Carb: _____ ☐ Fat: _____ ☐ MNS Pack #2 (for Omni users)
1 - 2 HOURS AFTER LUNCH	☐ MNS Pack #2 (for Delta users)
MID-AFTERNOON	☐ Dairy or Protein: _____ ☐ Fruit or Complex Carb: _____ ☐ Optional Vegetable: _____ ☐ Optional Spark
DINNER	☐ Protein: _____ ☐ Vegetable: _____ ☐ Fat: _____ ☐ Optional Complex Carb: _____
AFTER DINNER	☐ Dairy or Protein: _____
H₂O	
_____ Total Ounces	

DAY 22

DAILY TIP #22

Choose water when hydrating throughout the day. Tasty beverages like soda, sweet tea and even natural juices can negatively affect blood sugar leaving you crashing later, while only craving more sugar.

TODAY'S DATE: _____

I slept _____ hours last night.

On a scale of 1–10, today I feel:

1 2 3 4 5 6 7 8 9 10

EXERCISE:

DAILY GOAL:

30 MINUTES BEFORE BREAKFAST	☐ Spark* ☐ MNS Pack #1 (for Omni or Delta users) ☐ Other: _____
BREAKFAST	☐ Meal Replacement Shake ☐ Optional Shake Additions: _____ _____
MID-MORNING	☐ Dairy or Protein: _____ ☐ Fruit or Complex Carb: _____
LUNCH	☐ Protein: _____ ☐ Vegetable: _____ ☐ Complex Carb: _____ ☐ Fat: _____ ☐ MNS Pack #2 (for Omni users)
1 - 2 HOURS AFTER LUNCH	☐ MNS Pack #2 (for Delta users)
MID-AFTERNOON	☐ Dairy or Protein: _____ ☐ Fruit or Complex Carb: _____ ☐ Optional Vegetable: _____ ☐ Optional Spark
DINNER	☐ Protein: _____ ☐ Vegetable: _____ ☐ Fat: _____ ☐ Optional Complex Carb: _____
AFTER DINNER	☐ Dairy or Protein: _____
H₂O	
_____ Total Ounces	

DAY 23

DAILY TIP #23

Contrary to popular belief, no workout plan can compensate for a bad diet! Consuming nutrient-rich foods with an hour or more of consistent exercise a few days a week will help you maintain or lose weight.

TODAY'S DATE: _____

I slept _____ hours last night.

On a scale of 1-10, today I feel:

1 2 3 4 5 6 7 8 9 10

EXERCISE:

DAILY GOAL:

30 MINUTES BEFORE BREAKFAST	☐ Spark* ☐ MNS Pack #1 (for Omni or Delta users) ☐ Other: _____
BREAKFAST	☐ Meal Replacement Shake ☐ Optional Shake Additions: _____
MID-MORNING	☐ Dairy or Protein: _____ ☐ Fruit or Complex Carb: _____
LUNCH	☐ Protein: _____ ☐ Vegetable: _____ ☐ Complex Carb: _____ ☐ Fat: _____ ☐ MNS Pack #2 (for Omni users)
1 - 2 HOURS AFTER LUNCH	☐ MNS Pack #2 (for Delta users)
MID-AFTERNOON	☐ Dairy or Protein: _____ ☐ Fruit or Complex Carb: _____ ☐ Optional Vegetable: _____ ☐ Optional Spark
DINNER	☐ Protein: _____ ☐ Vegetable: _____ ☐ Fat: _____ ☐ Optional Complex Carb: _____
AFTER DINNER	☐ Dairy or Protein: _____
H₂O	
_____ Total Ounces	

DAY 24

DAILY TIP #24

While splurging on your favorite food is OK every once in awhile, eating whatever you want Friday at 5 p.m. through Sunday night will derail your weight goal. Instead, enjoy a food you like one to two times a week for weight loss and two to three times a week for maintenance.

TODAY'S DATE: _____

I slept _____ hours last night.

On a scale of 1-10, today I feel:

1 2 3 4 5 6 7 8 9 10

EXERCISE:

DAILY GOAL:

30 MINUTES BEFORE BREAKFAST	☐ Spark* ☐ MNS Pack #1 (for Omni or Delta users) ☐ Other: _____
BREAKFAST	☐ Meal Replacement Shake ☐ Optional Shake Additions: _____ _____
MID-MORNING	☐ Dairy or Protein: _____ ☐ Fruit or Complex Carb: _____
LUNCH	☐ Protein: _____ ☐ Vegetable: _____ ☐ Complex Carb: _____ ☐ Fat: _____ ☐ MNS Pack #2 (for Omni users)
1 - 2 HOURS AFTER LUNCH	☐ MNS Pack #2 (for Delta users)
MID-AFTERNOON	☐ Dairy or Protein: _____ ☐ Fruit or Complex Carb: _____ ☐ Optional Vegetable: _____ ☐ Optional Spark
DINNER	☐ Protein: _____ ☐ Vegetable: _____ ☐ Fat: _____ ☐ Optional Complex Carb: _____
AFTER DINNER	☐ Dairy or Protein: _____
H₂O	
_____ Total Ounces	



WHAT'S NEXT?

CONGRATULATIONS!

We are so proud of you for completing the 24-Day JumpStart[®], but this is just the beginning. Take advantage of this momentum and keep up the great work.

What's next?

CELEBRATE!

Think about everything you've learned and accomplished in the last 24 days. Now share your results with family and friends! If you are a Distributor, be sure to consult the AdvoCare Policies and Procedures to see how to share results compliantly!

SET YOUR NEXT GOAL.

Look back at the Goals section in this guide. Did you accomplish what you hoped to accomplish? If you did—great job! Set your next goal and keep going. Didn't quite get there? Don't give up—remember that change doesn't happen overnight. Keep on keeping on—you've got this!

KEEP IT UP!

Keep rocking those healthy lifestyle choices, and stay consistent in your new healthy lifestyle and AdvoCare product routine. Ready to take it to the next level? AdvoCare has a variety of products to meet your weight-management, active lifestyle and sports nutrition needs! For more information, visit advocare.com.

*The 24-Day JumpStart[®] program and materials are for educational use only and should not be considered or used as a substitute for medical advice, diagnosis or treatment. Responses to the 24-Day JumpStart will vary based on individual characteristics. Participants should seek the advice of a physician or other qualified healthcare provider with any questions regarding personal health or medical conditions or before beginning any new supplement, exercise or nutritional program.

FEATURED CONTRIBUTORS



Amy Goodson
MS, RD, CSSD, LD

Amy Goodson, MS, RD, CSSD, LD is a registered dietitian and Certified Specialist in Sports Dietetics. She focuses on overall health, wellness and sports nutrition.

Amy has worked with the Dallas Cowboys, Texas Rangers, TCU Athletics, Ben Hogan Sports Medicine and more. She is a co-author of Swim, Bike, Run, Eat and nutrition contributor to retired NFL Player Donald Driver's book, "The 3-D Body Revolution". She is a writer for Women's Running Magazine and is the owner of RD Career Jump Start, a business designed to help dietetic students, interns and new registered dietitians determine and take the steps necessary to reach their dream career.

With a bachelor's degree in communications and a master's degree in exercise and sports nutrition, Amy is passionate about marrying the two to provide quality, science-based nutrition information through speaking, media, writing and consulting. Amy consults for various companies, food brands and organizations and serves as a media dietitian for RDTV where she does food and nutrition TV segments nationwide. Amy has more than 600 media placements in a variety of TV, radio and print outlets.



Dr. Lauren Horton
MS-HEOR, PhD

Dr. Horton is passionate about improving the quality of life of those around her. She helps thousands of men and women discover how small steps and the right mix of

supplementation each day can lead to huge strides toward living a healthier lifestyle. Dr. Horton is most passionate about women's health and bridging the gap to increase the health of those in underserved communities. Nominated by the American Heart Association as a Woman of Impact, she is actively involved in helping to change the statistics surrounding heart disease in women and people of color.

Horton holds a bachelor's degree in biology from Rust College, a master's in health economics and clinical outcomes research from Xavier University as well as a Ph.D. in biomedical science from Morehouse School of Medicine. She completed her post-doctoral studies at the University of Pennsylvania.

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