BURN CHALLENGE

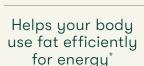
GETTING STARTED GUIDE

Your 60-day journey to feeling lighter, stronger, and more confident.



Ditch the sluggish mornings, foggy afternoons, and nonstop food noise.

Start feeling good in your body with a plant-powered GLP-1 support and weight-management system.*



Maintains healthy blood sugar levels already in the normal range*



Helps support GLP-1 production and gut balance*

Designed for daily balance—without side effects

60 days to a better you

WHAT TO EXPECT

In just 60 days, the Burn Challenge will help you change the game for your wellness and weight goals.

The daily habits in this challenge work hand in hand with the Balance & Burn™ System, helping you get the most out of each formula. When you pair healthy habits with science-backed support, you set yourself up for results you can feel and keep long after the 60 days are over.*

This isn't about quick fixes or extreme routines. It's about steady, daily support to help your body use fat efficiently, maintain healthy blood sugar metabolism, and support GLP-1 production—so you can feel confident and in control of your progress.*

YOUR JOURNEY STARTS NOW



Take your Balance & Burn™ supplements each morning (you'll need to take them every day for 60 days).



Move your body for 30 minutes. It can be all at once or broken up throughout the day.



Hydrate with at least 64 ounces of water to support metabolism and energy.



Fuel your body with real food. Choose nutrient-dense, whole foods that energize and support your goals.

Measure your progress

The Balance & Burn™ System supports your whole wellness journey, not just the number on the scale. Measurements, progress pics, and your before-and-after assessment will help you see changes in body composition even if your weight stays the same.

Take your measurements before you start, once a week, and at the end of the challenge.

For consistent tracking, measure and weigh yourself at the same time each week—ideally in the morning after using the bathroom and before eating.

STARTING DATE

PROGRESS PICTURE TIPS

Pictures tell a more complete story than the scale. Here's how to capture your progress accurately:

01.

Wear form-fitting activewear or swimwear that shows your stomach. 02.

Stand against a plain wall and use the same spot each time. 03.

Take photos in natural daylight if possible, or a well-lit room. 04.

Stand tall, shoulders back, arms relaxed, and recreate the same pose each time.

ARMS Stand up straight with one arm relaxed and find the midpoint between your shoulder bone and the elbow of that arm. Measure around your bicep.	CHEST Measure around the fullest part of the chest.	HIPS Measure the hips around the fullest part of your buttocks with your heels together.			
START	START	START			
Week 1	Week 1	Week 1			
Week 2	Week 2	Week 2			
Week 3	Week 3	Week 3			
Week 4	Week 4	Week 4			
Week 5	Week 5	Week 5			
Week 6	Week 6	Week 6			
Week 7	Week 7	Week 7			
Week 8	Week 8	Week 8			
END	END	END			
WAIST Measure your waist without holding the tape too tightly or too loosely. Your waist is the narrowest part of your torso, or approximately 1 inch above your belly button.	THIGH Look for the midpoint between the lower part of the glutes and the back of the knee, or use the widest part of the thigh.	WEIGHT Weigh yourself first thing in the morning after using the bathroom and before eating or drinking.			
START	START	START			
Week 1	Week 1	Week 1			
Week 2	Week 2	Week 2			
Week 3	Week 3	Week 3			
Week 4	Week 4	Week 4			
Week 5	Week 5	Week 5			
Week 6	Week ó	Week 6			
Week 7	Week 7	Week 7			
Week 8	Week 8	Week 8			
END	END	END			

TOTAL WEIGHT LOST

TOTAL INCHES LOST

TIP: You'll need two full systems for the 60-day challenge. Order your second one before Week 4 to stay on track.

Assessment

Over the next 60 days, you won't just see a difference—you'll love living it! Use this assessment to track changes in how you feel and celebrate your non-scale victories.

As you focus on hydrating,
moving your body, and eating healthy,
the Balance & Burn™ System helps support
your efforts, so your journey feels more fun,
balanced, and achievable.

Answer each question honestly to get the clearest picture of your progress!

Rating scale:

0 = Never or almost never

1 = Occasionally, not severe

2 = Occasionally, severe

3 = Frequently, not severe

4 = Frequently, severe

ENERGY LEVELS	BEFORE	AFTER	DIFFERENCE
Occasional fatigue			
Persistent low energy			
DIGESTION	BEFORE	AFTER	DIFFERENCE
Nausea			
Bowel irregularity			
Belching or passing gas			
Occasional indigestion			
EMOTIONS	BEFORE	AFTER	DIFFERENCE
EMOTIONS Feeling stressed	BEFORE	AFTER	DIFFERENCE
	BEFORE	AFTER	DIFFERENCE
Feeling stressed	BEFORE	AFTER	DIFFERENCE
Feeling stressed Irritability or grumpiness	BEFORE	AFTER	DIFFERENCE

LIFESTYLE BEFORE AFTER DIFFERENCE

Difficulty sleeping

Stress eating

Irregular meal timing or skipping meals

Cravings for junk or comfort food

Cravings for nutrient-dense foods

Bloating

MIND BEFORE AFTER DIFFERENCE

Poor concentration

Forgetfulness

Mental fog or sluggish thinking

Difficulty staying motivated

Feeling overwhelmed or mentally scattered

Low drive or mental stamina



Burn Challenge Daily Habits

MONTH

DAYS 1-30



- 1. Take your Balance & Burn™ supplements each morning (you'll need to take them every day for 60 days).
- 2. Move your body for 30 minutes. It can be all at once or broken up throughout the day.
- 3. Hydrate with at least 64 ounces of water to support metabolism and energy.
- 4. Fuel your body with real food. Choose nutrient-dense, whole foods that energize and support your goals.

	DAY I	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
B&B										
8										
ð										
	DAY 11	DAY 12	DAY 13	DAY 14	DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
B&B										
8										
đ										
	DAY 21	DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28	DAY 29	DAY 30
B&B										
8										
O										

Burn Challenge Daily Habits

MONTH

DAYS 31-60

- 1. Take your Balance & Burn™ supplements each morning (you'll need to take them every day for 60 days).
- 2. Move your body for 30 minutes. It can be all at once or broken up throughout the day.
- 3. Hydrate with at least 64 ounces of water to support metabolism and energy.
- 4. Fuel your body with real food. Choose nutrient-dense, whole foods that energize and support your goals.

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