



plexus®

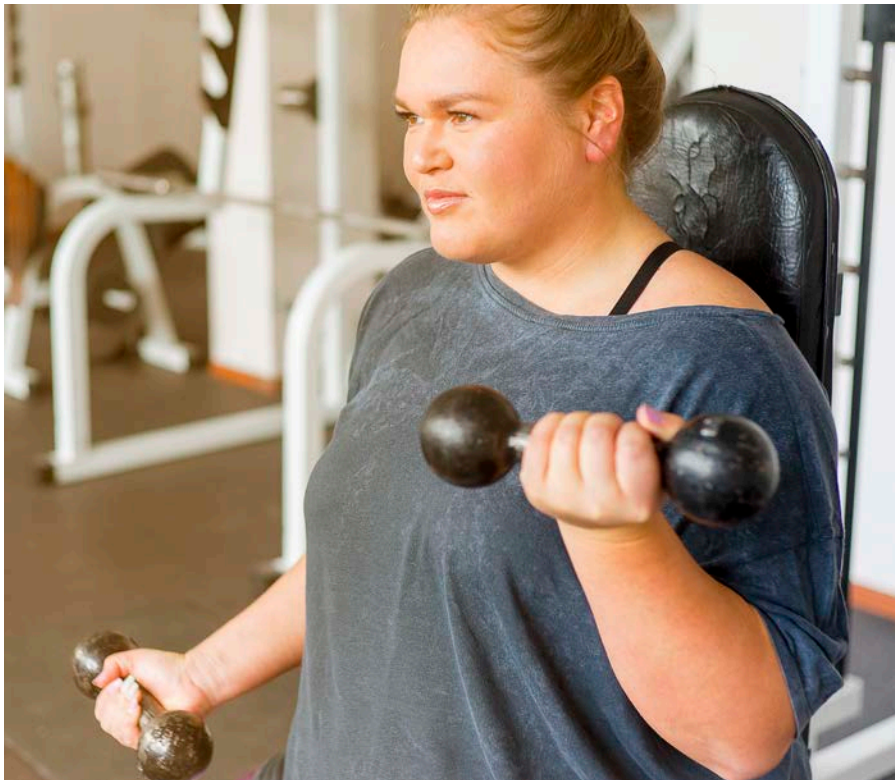
RENEWYOU

GUIDE PART 1

Your daily product routine.



MY RENEW YOU CHALLENGE GOALS



Kickoff your journey by setting wellness goals.

Here are a few tips:

- Be Realistic! Don't set something you can't achieve.
- Share goals with others. It'll help keep you motivated!
- Set your goals with your Accountability Power Partner.
- Set mini goals that lead to your end goal because small victories add up!

1. I currently workout _____ days a week.
My goal is to workout _____ days a week during my **Renew You** Challenge.

2. My current weight is _____ pounds.
At the end of the **Renew You** Challenge my goal weight is _____ pounds.

3. My current pant/dress size is _____.
At the end of the **Renew You** Challenge my goal is a pant/dress size of _____.

4. I currently feel _____ when I look in the mirror.
My goal is to feel _____ at the end of my **Renew You** Challenge.

Create your own goal: _____



TRACK MY PROGRESS



Don't live life by the scale.

As you start living happier and healthier, body composition is a great way to track your progress. Use the chart below to follow your success throughout your **Renew You** Challenge journey.

 Day 1	 Day 15	 Day 30	 Day 45	 Day 60
Weight _____	Weight _____	Weight _____	Weight _____	Weight _____
Chest _____	Chest _____	Chest _____	Chest _____	Chest _____
Waist/Pant Size _____	Waist/Pant Size _____	Waist/Pant Size _____	Waist/Pant Size _____	Waist/Pant Size _____
Hips _____	Hips _____	Hips _____	Hips _____	Hips _____

Use a tape measure for accuracy:

- Chest: Measure around the chest/bust at fullest point. For females, wear a bra when doing this measurement.
- Waist: Measure around the smallest part of your waistline.
- Hips: Measure around the fullest part of your hips, keeping the tape parallel to the floor.



MY
RENEW
YOU
CHALLENGE
ROUTINE



We're helping you by taking the guesswork out of your daily wellness routine.

Use the following schedule that outlines when and how to take your products.
Repeat each day for a successful 60-day challenge.

PRO TIP

Use **Plexus Lean™** to replace one meal a day.

PRO TIP

Craving something sweet? Shake up **Plexus Slim® Hunger Control***, **Plexus Active™** or your favorite **Lean** recipe. It's a healthier way to give into your cravings.



MONDAY



GOOD MORNING

Take one **Plexus MetaBurn™** to rev up your metabolism before you start your day. Add **Plexus Bio Cleanse™** to your morning routine to help keep your gut healthy!*

Enjoy a Plexus® Breakfast! Shake up your favorite recipe of **Plexus Lean™** to fuel your day.



LUNCHTIME

Shake up **Plexus Slim® Hunger Control** 30-60 minutes before lunch in 12-20 ounces of water to help you take control of portions.* Plus, take your second **Plexus MetaBurn**.

Enjoy a low-calorie, high-protein meal.

AFTERNOON

Mix up 1 packet of **Plexus Active™** in 12-16 ounces of cold water and enjoy the mango, peach flavored energy punch to avoid the afternoon slump.*



DINNERTIME

Enjoy a low-calorie, high-protein meal.

EVENING

Before bed take 2 capsules of **Plexus ProBio 5** and **Plexus Bio Cleanse** to keep your gut on track with your health goals.*

TODAY'S WORKOUT
Cardio Day

TUESDAY



GOOD MORNING

Mix up 1 packet of **Plexus Active** in 12-16 ounces of cold water to start your day off right. Add **Plexus Bio Cleanse** to your morning routine to help keep your gut healthy!*

Enjoy a Plexus Breakfast! Shake up your favorite recipe of **Plexus Lean** to fuel your day.



LUNCHTIME

Shake up **Plexus Slim Hunger Control** 30-60 minutes before lunch in 12-20 ounces of water to help you take control of portions. Plus, take one **Plexus MetaBurn** to rev up your metabolism.*

Enjoy a low-calorie, high-protein meal.

AFTERNOON

Take your second **Plexus MetaBurn**.



DINNERTIME

Enjoy a low-calorie, high-protein meal.

EVENING

Before bed take 2 capsules of **Plexus ProBio 5** and **Plexus Bio Cleanse** to keep your gut on track with your health goals.*

TODAY'S WORKOUT
Leg Day



WE BELIEVE IN YOU!!

WEDNESDAY



GOOD MORNING

Mix up 1 packet of **Plexus Active™** in 12-16 ounces of cold water to start your day off right. Add **Plexus Bio Cleanse™** to your morning routine to help keep your gut healthy!*

Enjoy a Plexus® Breakfast! Shake up your favorite recipe of **Plexus Lean™** to fuel your day.



LUNCHTIME

Take one **Plexus MetaBurn™** to rev up your metabolism.*

Enjoy a low-calorie, high-protein meal.

AFTERNOON

Take your second **Plexus MetaBurn**.



DINNERTIME

Shake up **Plexus Slim® Hunger Control*** 30-60 minutes before dinner in 12-20 ounces of water to help you take control of portions.*

Enjoy a low-calorie, high-protein meal.

EVENING

Before bed take 2 capsules of **Plexus ProBio 5** and **Plexus Bio Cleanse** to keep your gut on track with your health goals.*

TODAY'S WORKOUT

Arm Day

THURSDAY



GOOD MORNING

Take one **Plexus MetaBurn** to rev up your metabolism before you start your day. Add **Plexus Bio Cleanse** to your morning routine to help keep your gut healthy!*

Enjoy a Plexus Breakfast! Shake up your favorite recipe of **Plexus Lean** to fuel your day.



LUNCHTIME

Take your second **Plexus MetaBurn**.

Enjoy a low-calorie, high-protein meal.

AFTERNOON

Mix up 1 packet of **Plexus Active** in 12-16 ounces of cold water and enjoy the mango, peach flavored energy punch to avoid the afternoon slump.*



DINNERTIME

Shake up **Plexus Slim Hunger Control** 30-60 minutes before dinner in 12-20 ounces of water to help you take control of portions.*

Enjoy a low-calorie, high-protein meal.

EVENING

Before bed take 2 capsules of **Plexus ProBio 5** and **Plexus Bio Cleanse** to keep your gut on track with your health goals.*

TODAY'S WORKOUT

Cardio Day

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



DETERMINED & MOTIVATED!!

FRIDAY



GOOD MORNING

Take one **Plexus MetaBurn™** to rev up your metabolism before you start your day. Add **Plexus Bio Cleanse™** to your morning routine to help keep your gut healthy!*

Enjoy a Plexus® Breakfast! Shake up your favorite recipe of **Plexus Lean™** to fuel your day.



LUNCHTIME

Shake up **Plexus Slim® Hunger Control** 30-60 minutes before lunch in 12-20 ounces of water to help you take control of portions.* Plus, take your second **Plexus MetaBurn**.

Enjoy a low-calorie, high-protein meal.

AFTERNOON

Mix up 1 packet of **Plexus Active™** in 12-16 ounces of cold water and enjoy the mango, peach flavored energy punch to avoid the afternoon slump.*



DINNERTIME

Enjoy a low-calorie, high-protein meal.

EVENING

Before bed take 2 capsules of **Plexus ProBio 5** and **Plexus Bio Cleanse** to keep your gut on track with your health goals.*

TODAY'S WORKOUT

Abs Day

SATURDAY



GOOD MORNING

Mix up 1 packet of **Plexus Active** in 12-16 ounces of cold water to start your day off right. Add **Plexus Bio Cleanse** to your morning routine to help keep your gut healthy!*

Enjoy a Plexus Breakfast! Shake up your favorite recipe of **Plexus Lean** to fuel your day.



LUNCHTIME

Shake up **Plexus Slim Hunger Control** 30-60 minutes before lunch in 12-20 ounces of water to help you take control of portions. Plus, take one **Plexus MetaBurn** to rev up your metabolism.*

Enjoy a low-calorie, high-protein meal.

AFTERNOON

Take your second **Plexus MetaBurn**.



DINNERTIME

Enjoy a low-calorie, high-protein meal.

EVENING

Before bed take 2 capsules of **Plexus ProBio 5** and **Plexus Bio Cleanse** to keep your gut on track with your health goals.*

TODAY'S WORKOUT

Back and Shoulders Day





CELEBRATE SMALL VICTORIES!!

SUNDAY



GOOD MORNING

Mix up 1 packet of **Plexus Active™** in 12-16 ounces of cold water to start your day off right. Add **Plexus Bio Cleanse™** to your morning routine to help keep your gut healthy!*

Enjoy a Plexus® Breakfast! Shake up your favorite recipe of **Plexus Lean™** to fuel your day.



LUNCHTIME

Take one **Plexus MetaBurn™** to rev up your metabolism.*

Enjoy a low-calorie, high-protein meal.

AFTERNOON

Take your second **Plexus MetaBurn**.



DINNERTIME

Shake up **Plexus Slim® Hunger Control** 30-60 minutes before dinner in 12-20 ounces of water to help you take control of portions.*

Enjoy a low-calorie, high-protein meal.

EVENING

Before bed take 2 capsules of **Plexus ProBio 5** and **Plexus Bio Cleanse** to keep your gut on track with your health goals.*

TODAY'S WORKOUT

Rest Day

PRO TIP

Need a healthy snack to get through your day? Use one scoop of **Plexus Lean** and your favorite milk for a protein-packed healthy snack.

PRO TIP

Mix up **Plexus Active** or **Plexus Slim Hunger Control*** with mineral water for a little bubbly fun.

A man with a beard and mustache is running outdoors, wearing a grey t-shirt, red shorts, a grey arm sleeve, a watch, and earbuds. The background is a blurred cityscape. The text "NEVER GIVE UP" is overlaid in large white letters.

NEVER GIVE UP

plexus
RENEWYOU
CHALLENGE

WF# 419307