



ARBONNE
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30-Day Guide

Letter From Dr. Peter



My name is Dr. Peter Matravers, and I'm the Senior Vice President of Product Development at Arbonne. Many people today are not sure if they are getting the nutrition they need because of busy, on-the-go lifestyles, and fast and processed foods. We created the 30-Day Feeling Fit Plan to take the guesswork out of getting fit and help give you the right combination of essential nutrients to set you on the road to success.

Arbonne Essentials® can help you accomplish your goals and get you on the path to healthier living, which is why I'm so excited you took the first step with our Arbonne Essentials 30-Day Guide. Now, everybody has their own view of what being fit means — having more energy, losing weight or incorporating healthier eating habits. Whatever your reason, this is a great starting point to work toward your fitness goals.

Use this guide to help you during your journey to a healthier, more fit, YOU!

In good health,

Peter Matravers, PharmD
Sr. VP, Product Development



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ON THE COVER:
Amme & Chris Weilert, Believe Nation, Inc.
Arbonne Independent Consultants
Executive National Vice Presidents
Oregon, United States

30 Days to Feeling Fit

The 30-Day Feeling Fit Plan includes everything you need to get started on the path to achieving your goals, whether they be weight management, getting in shape, or simply living healthy every day. This Arbonne Essentials 30-Day Guide provides the framework to get started, stay on track, and help answer any questions you have along the way.

Topics	Page
Getting Started.....	4
Your Profile.....	5
Daily Meal Plan.....	6
Healthy Food and Snack Options.....	7
Product Details.....	8
Protein Shake Mix Meal Replacement Recipes.....	11
Exercise Recommendations.....	12
Frequently Asked Questions.....	13
30-Day Feeling Fit Calendar.....	14

Your 30-Day Feeling Fit Plan Includes:

- 2 Arbonne Essentials Protein Shake Mix Meal Replacements — Vanilla or Chocolate, 30 servings each
- 2 Arbonne Essentials Energy Fizz Tabs — Citrus or Pomegranate, 20 tabs each
- 2 Arbonne Essentials Fit Chews — Chocolate or Caramel, 30 chews each
- 2 Arbonne Essentials Herbal Teas, 20 tea bags each
- 1 Arbonne Essentials Daily Fibre Boost, 30 servings

What's Your Goal?

Weight Management

Whether you want to fit into a favourite pair of jeans or turn heads at an upcoming reunion, the 30-Day Feeling Fit Plan can be customized to help you achieve your goals. And with no cholesterol, trans fats, or animal products, Arbonne Essentials lets you feel good about looking good.

Fitness

Your goal might be to train for a race, be more competitive in your favourite sport, or to simply fill out your physique. The Arbonne Essentials product line offers a variety of products to supplement your daily regimen and support your fitness goals.

Healthy Living

Healthy living means taking a healthy approach to your life every single day, for the long term. With vegan protein and formulas manufactured without gluten, Arbonne Essentials helps you make better choices for your body — today and every day.

Getting Started

❑ 1. Clean out

Clean out your refrigerator, pantry, kitchen and office of all unhealthy foods (for example, potato chips, high-sodium soups, processed foods, sweets, sodas, high-fat or high-sodium frozen meals, etc.).

Fast food and processed foods are lacking important vitamins, minerals, phytonutrients, and, worst of all, are full of unhealthy amounts of sodium, fats and other unessential ingredients. Healthy, nutrient-rich foods are essential to maintaining optimal body function.

❑ 2. Stock up

Stock up on healthy foods and snacks from your local grocery store, growers market and/or health food store. A healthy selection of foods at home will encourage healthier eating and better health — you will feel a difference. (Refer to page 7 for healthy food options.)

❑ 3. Track your progress

Use the 30-Day Feeling Fit Calendar to track your progress. (Refer to pages 14–15.)



8 Helpful Tips

- 1. Stay hydrated!** Water is vital to healthy living. Drinking plenty of water is essential for processing nutrients and maintaining a proper fluid balance. Ideally, you should have eight 250 mL glasses of water per day.
- 2. Slow down!** When feeling very hungry, most people have a tendency to eat too much, too quickly. Be sure to understand portions of veggies, proteins and grains. Take your time when eating so you can properly digest your food.
- 3. Avoid bad sugars!** Stay away from refined sugars found in sodas, sweetened teas, coffee creamers, and other sweet foods and drinks. Refined sugars, when over-consumed, can be converted to fat and stored in the body.
- 4. Give in to little cravings!** If you're feeling hungry between meals, reach for a Fit Chew or a healthy snack. (Refer to page 7 for healthy food options.)
- 5. Stay on track!** The best way to be successful and reach your overall goal is to keep track of what you're eating and doing each day.
- 6. Exercise!** Whether you are trying to feel more fit or increase energy, it is important to exercise at least 30 minutes each day.
- 7. Get some rest!** Being healthy is not only about what you are eating, but how you are treating your body. It's always good to get at least 7–8 hours of sleep each night.
- 8. Stay strong!** No matter what your goal is, don't get caught up on your day-to-day progress, but look at your weekly progression. The first two weeks are going to be the hardest, but stick with it and stay strong. Keep track of what you are doing and how you feel.

Your Profile

Establish a goal and write it down: If your goal is to lose weight, fill in your starting weight and what achieving that goal will do for you. If you want to run a 10K, fill in how far you can run today, and how many kilometres you want to run in a month. If you just want to feel healthier or have more energy each day for work or recreation, write that down. The more specific you can be about your goals now will better enable you to track your progress during the next 30 days.

Contact Information

Name _____	Arbonne ID _____
Email _____	Phone _____

Starting Info (Complete on Day 1)

What is/are your goal(s)?

What does being fit mean to you?

How do you feel today?

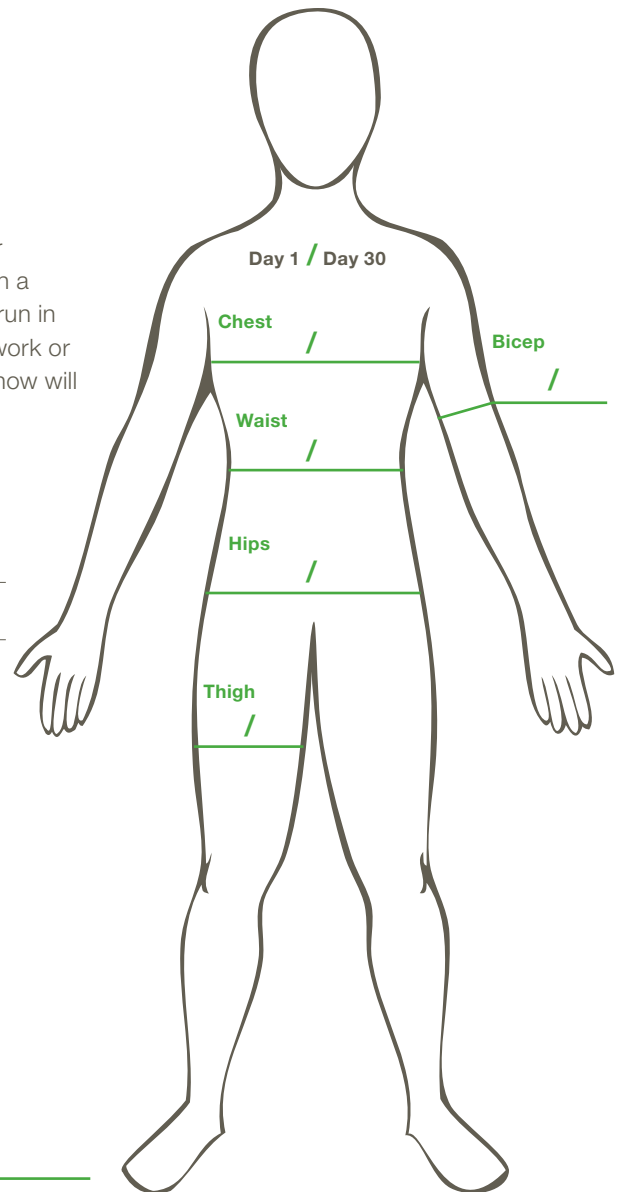
How do you want to feel in 30 days?

Ending Info (Complete on Day 30)

Did you accomplish your goal(s)?

Do you feel more fit?

How do you feel overall?



- Chest** — Measure around largest part of your chest.
- Bicep** — Measure midway between the top of your shoulder and elbow.
- Waist** — Measure approximately 3-5 cm above your belly button.
- Hips** — Measure around the largest part of your buttocks with your heels together.
- Thigh** — Stand with your legs slightly apart. Measure your upper leg where the circumference is largest.

Suggested Meal Plan Options

Weight Management

Breakfast: 1 Chocolate or Vanilla Protein Shake Mix Meal Replacement + fruit or low sugar/calorie snack for a balanced meal

Morning Break: 2 Chocolate or Caramel Fit Chews + 1 Pomegranate or Citrus Fizz Tab

Lunch: 1 Chocolate or Vanilla Protein Shake Mix Meal Replacement

Afternoon Break: 2 Chocolate or Caramel Fit Chews + 1 Pomegranate or Citrus Fizz Tab

Dinner: A healthy, well-rounded meal with lean proteins, vegetables and fiber-rich foods; Herbal Tea

Healthy Living

Breakfast: 1 Chocolate or Vanilla Protein Shake Mix Meal Replacement + fruit or whole grain options for a balanced meal

Morning Break: 2 Chocolate or Caramel Fit Chews + Herbal Tea

Lunch: 1 Chocolate or Vanilla Protein Shake Mix Meal Replacement + vegetable/fruit or whole grain options for a balanced meal

Afternoon Break: 2 Chocolate or Caramel Fit Chews + Herbal Tea

Dinner: A healthy, well-rounded meal with lean proteins, vegetables and fibre-rich foods + Herbal Tea

(See page 7 for healthy food and snack options.)

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Fitness

Breakfast: 1 Chocolate or Vanilla Protein Shake Mix Meal Replacement + fruit + higher protein options for a balanced meal

Morning Break: 2 Chocolate or Caramel Fit Chews + 1 Pomegranate or Citrus Fizz Tab

Lunch: 1 Chocolate or Vanilla Protein Shake Mix Meal Replacement + fruit or vegetable + higher protein options for a balanced meal

Afternoon Break: 2 Chocolate or Caramel Fit Chews + 1 Pomegranate or Citrus Fizz Tab

Dinner: A healthy, well-rounded meal with lean proteins, vegetables and fibre-rich foods + Herbal Tea

Note: Individuals who have a high level of activity may need to include additional healthy options throughout the day, depending on the amount of energy expenditure.



Healthy Food and Snack Options

Good Protein Sources

- Spirulina*
- Wild, cold water fish — salmon, cod, halibut, tuna
- Eggs — boiled or cooked (cage- and hormone-free with no salt or butter)
- Lean meat — sirloin steak, pork tenderloin, skinless chicken breast (grilled, not fried), turkey breast or ground turkey (ask your butcher for the better, leaner cut of meat)
- Legumes, artichokes, beets, broccoli, brussels sprouts, cauliflower, green peas, green pepper, kale, mushrooms, mustard greens, onions, potatoes, tomatoes, turnip greens, yams, zucchini*
- Arbonne Essentials Protein Shake Mix Meal Replacement*
- Nuts and seeds — almonds, cashews, filberts, hemp seeds, peanuts, pumpkin seeds, sesame seeds, sunflower seeds, walnuts (black)*

*Vegan source

Healthy Beverages

- Unsweetened iced teas
- Herbal tea blends
- Green, black or white tea
- Water (eight 250 mL glasses per day)
- Almond milk
- Fresh squeezed or low-sugar fruit juices
- Low-sodium vegetable juices
- Sparkling water
- Low-sodium vegetable broth

Healthy Snack Options

- Arbonne Essentials Nutrition Supplement Bar
- Arbonne Essentials Fit Chews
- Celery sticks with peanut/almond butter and raisins
- Baby carrots with low-fat dressing
- Trail mix (without chocolate or candy)
- Yogurt or non-dairy equivalent with fruit, berries
- Hummus with raw vegetables
- Steel cut oatmeal
- Raw fruits (apple, pear, blueberries, mango, pineapple, etc.)
- Vegetables (carrots, celery, broccoli, cauliflower, zucchini, spinach, beets, etc.)
- Low-sodium vegetable chips

Selecting Breads, Grains and Rice

- Whole grain, whole wheat breads (increases fibre and vitamin intake)
- Wheat or corn tortillas
- Whole wheat pasta
- Quinoa or couscous
- Brown rice or wild rice
- Whole grain cereals

Avoid white bread (refined flour).

When Cooking

- Use healthy cooking sprays
- Use olive, canola or grapeseed oil
- Use fresh herbs to add flavour to the meals instead of salt

Avoid margarine and rich, creamy sauces or salad dressings.

Did You Know?

Fibre is essential to the human diet. Adequate intake of fibre supports gastrointestinal health, cardiovascular health and other important functions. Whole grain breads, vegetables and brown rice are much better sources of fibre than white breads, rice and pasta.



Product Details

Arbonne Essentials 30-Day Feeling Fit Plan



Protein Shake Mix Meal Replacement

- Delivers 20 grams of vegan protein, plus 22 essential vitamins and minerals per serving
- Made with a Vegan Protein Blend, including pea protein, which is one of the most absorbable forms of protein available today

Key Ingredients: Vegan Protein Blend, flax seed, vitamins and minerals



Daily Fibre Boost

- Delivers 2 grams of fibre and 10 grams of maltodextrin
- A flavourless fibre blend that can be added to all hot or cold foods and beverages
- Perfect boost to the Chocolate or Vanilla Protein Shake Mix Meal Replacement

Key Ingredients: pea fibre, apple fibre, orange fibre, Fibersol-2®



Fit Chews

- An ideal snack for those on the go, these bite-size treats help give a great-tasting boost throughout the day
- Contain a proprietary blend of ingredients to help support the body

Key Ingredients: rhodiola, codonopsis, astragalus



Energy Fizz Tabs

- Helps increase alertness and performance
- Helps the body metabolize fats, carbohydrates and proteins

Key Ingredients: green tea, ginseng, guarana



Herbal Tea

- A delicious, mild, decaffeinated herbal tea with 6 botanicals
- Great way to start your morning without the caffeine or end your day without staying up all night

Key Ingredients: milk thistle, peppermint, dandelion, uva ursi

Additional Products

(not included in the Feeling Fit Plan)



Nutrition Supplement Bar — NEW!

- A healthy balance of protein, fibre, vitamins and minerals
- Satisfies hunger and helps boost energy
- Made with nutrient-rich quinoa and 9 grams of pea and rice protein

Key Ingredients: Arbonne Protein Blend, fibre, vitamins, minerals, quinoa



Protein Shaker Cup Accessory

- Perfect cup for mixing your shakes
- Wire whisk ball
- Dishwasher safe
- BPA-free; recyclable



Arbonne Essentials® Water Bottle Accessory

- Stay hydrated throughout your day with this Essential companion.
- BPA-free
- 940 mL



Protein Shake Mix Meal Replacement Recipes

Peanut Butter Shake

- 2 scoops Chocolate or Vanilla Protein Shake Mix Meal Replacement
- 250 mL water
- 4–6 ice cubes
- 15 mL natural peanut butter (or almond butter)
- 1 scoop non-fat frozen yogurt or non-dairy equivalent or $\frac{1}{3}$ frozen banana

Blend until smooth.

Very Berry Shake

- 2 scoops Chocolate or Vanilla Protein Shake Mix Meal Replacement
- 250 mL water
- 4–6 ice cubes
- 1 cup mixed frozen berries (or substitute with 1 cup of your favourite berry)
- 1 scoop non-fat frozen yogurt or low-sugar sorbet

Blend until smooth.

Banana & Berry Fruit Shake

- 2 scoops Chocolate or Vanilla Protein Shake Mix Meal Replacement
- 250 mL water
- 4–6 ice cubes
- 1 cup frozen berries
- $\frac{1}{2}$ peeled banana
- 1 scoop non-fat frozen yogurt or low-sugar sorbet

Blend until smooth.

Orange Creamsicle Shake

- 2 scoops Vanilla Protein Shake Mix Meal Replacement
- 250 mL water
- 4–6 ice cubes
- 1 scoop low-sugar orange sorbet

Blend until smooth.

Coffee Shake

- 2 scoops Chocolate or Vanilla Protein Shake Mix Meal Replacement
- 150 mL water (or almond milk)
- 100 mL chilled coffee
- 4–6 ice cubes
- 15 mL natural peanut butter (or almond butter)

Blend until smooth.

Pumpkin Spice Shake

- 2 scoops Chocolate or Vanilla Protein Shake Mix Meal Replacement
- 250 mL water
- 4–6 ice cubes
- $\frac{1}{4}$ cup pumpkin puree
- Tiny pinch of cinnamon, ginger and nutmeg

Blend until smooth.

Your Own Recipe! Shake Name: _____

Ingredients:

- _____
- _____
- _____
- _____
- _____
- _____

Recipe Tips:

- For a nutritional boost to any shake, add a scoop of Arbonne Essentials Daily Fibre Boost.
- Water is suggested in the above shakes, but depending on your dietary and caloric preferences you can substitute it for fat-free milk, unsweetened almond or soy milk, or coconut water. Feel free to experiment.
- Remember, you can be creative with these shakes. Choose ingredients that support your goals.



Exercise Recommendations

To truly be healthy, exercise should be a daily part of everyone's lifestyle. Exercise is an important factor in helping prevent cardiovascular disease, reducing the risk of some diseases, strengthening bones and muscles, improving vitality, and even living longer.

Low Exertion:

- Walking
- Tai chi
- Water exercises
- Stretching

Medium/High Exertion:

- Swimming
- Jogging
- Hiking
- Pilates or yoga

High Exertion:

- Running
- Spin
- Team sports — tennis, baseball, soccer, softball, basketball, volleyball
- Weight training

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Becky Young with son
Arbonne Independent Consultant
Executive National Vice President
Saskatchewan, Canada



Frequently Asked Questions

Q: Can I continue the 30-Day Feeling Fit Plan beyond 30 days?

A: Yes! The Arbonne Essentials 30-Day Feeling Fit Plan is a great way to get started toward your weight management, fitness or healthy living goals. Once you've completed the program, you can keep going for another 30 days until you reach your ultimate goals, or use the 30-Day Feeling Fit Plan as a jump-start to get you on track to better health whenever you need it.

Q: What are the benefits of pea protein?

A: Pea protein is highly absorbable and easily digestible, and when combined with rice protein and cranberry protein it provides a full amino acid score. Additionally, the arginine content of pea protein is one of the highest of all commercially available proteins. Arginine participates in the supply of nitric oxide (NO) to the body. Pea protein is a good source of glutamic acid and also of branched chain amino acids (leucine + valine + isoleucine).

Q: Why is getting fibre important?

A: Fibre is essential for maintaining optimal gastrointestinal health. It helps maintain proper blood glucose levels, helps increase satiety, and also supports cardiovascular health. It can be difficult to obtain adequate daily levels of fibre, as many foods consumed in the typical Canadian diet are generally low in fibre content. Considering the importance of fibre, this makes it all the more important to supplement the diet with a fibre product.

Q: Do I have to exercise to improve my health?

A: The best way to get healthy and feel great is to eat healthy and incorporate at least 30 minutes of exercise that increases your heart rate every day. Exercise does not have to be very strenuous. It can be simply a brisk walk through your neighbourhood.

Q: Can I have a Protein Shake Mix Meal Replacement for all three meals?

A: No, everyone needs a certain amount of calories, fats and other dietary nutrients daily for the body to function optimally. This being the case, everyone should have at least 1-2 healthy meals per day and healthy snacks throughout the day. We recommend a maximum of two Protein Shake Mix Meal Replacements per day.

Q: What are adaptogens?

A: Adaptogens are ingredients that contribute to overall health and often help to relieve symptoms of stress. Adaptogens are especially beneficial for individuals who are starting new fitness regimens and who have a high amount of physical activity in their day, as there is typically a higher level of physical stress on the body during activity.

Q: Why would I need to supplement my diet with vitamins and minerals?

A: Vitamins, minerals, omega-3s and many other dietary nutrients are needed for our bodies to function properly. These vital elements are used by our bodies in a variety of ways. For example, magnesium is needed for calcium absorption, calcium is needed for bones and muscle function, and so on. Unfortunately, many of us do not get the levels of these nutrients our bodies need to perform optimally; therefore, supplementing your diet with additional nutrients helps support the body's biological functions, from transportation of oxygen throughout the body, to creation of new cells.

30-Day Feeling Fit Calendar

At the end of each day, check the box that most closely describes whether you followed your plan. Be sure to add comments on how you feel after each day or anything else you want to remember as you progress through the 30 days.

<p>Day 1</p> <ul style="list-style-type: none"> <input type="checkbox"/> Got plenty of sleep <input type="checkbox"/> Made healthy food choices <input type="checkbox"/> Exercised <input type="checkbox"/> Cheated <p>Comments: _____</p> <p>_____</p>	<p>Day 2</p> <ul style="list-style-type: none"> <input type="checkbox"/> Had plenty of energy <input type="checkbox"/> Needed an energy boost <input type="checkbox"/> Exercised <input type="checkbox"/> Cheated <p>Comments: _____</p> <p>_____</p>	<p>Day 3</p> <ul style="list-style-type: none"> <input type="checkbox"/> Resisted temptation <input type="checkbox"/> Lacked motivation <input type="checkbox"/> Exercised <input type="checkbox"/> Cheated <p>Comments: _____</p> <p>_____</p>
<p>Day 4</p> <ul style="list-style-type: none"> <input type="checkbox"/> Stayed true to my goal! <input type="checkbox"/> Walked away from the cookies <input type="checkbox"/> Exercised <input type="checkbox"/> Cheated <p>Comments: _____</p> <p>_____</p>	<p>Day 5</p> <ul style="list-style-type: none"> <input type="checkbox"/> Gave in to temptation <input type="checkbox"/> Exercised an extra 10 minutes <input type="checkbox"/> Exercised <input type="checkbox"/> Cheated <p>Comments: _____</p> <p>_____</p>	<p>Day 6</p> <ul style="list-style-type: none"> <input type="checkbox"/> Needed encouragement <input type="checkbox"/> Followed my meal plan <input type="checkbox"/> Exercised <input type="checkbox"/> Cheated <p>Comments: _____</p> <p>_____</p>
<p>Day 7</p> <ul style="list-style-type: none"> <input type="checkbox"/> Really wanted that cheesecake! <input type="checkbox"/> Felt great! <input type="checkbox"/> Exercised <input type="checkbox"/> Cheated <p>Comments: _____</p> <p>_____</p>	<p>Day 8</p> <ul style="list-style-type: none"> <input type="checkbox"/> Got plenty of sleep <input type="checkbox"/> Made healthy food choices <input type="checkbox"/> Exercised <input type="checkbox"/> Cheated <p>Comments: _____</p> <p>_____</p>	<p>Day 9</p> <ul style="list-style-type: none"> <input type="checkbox"/> Had plenty of energy <input type="checkbox"/> Needed an energy boost <input type="checkbox"/> Exercised <input type="checkbox"/> Cheated <p>Comments: _____</p> <p>_____</p>
<p>Day 10</p> <ul style="list-style-type: none"> <input type="checkbox"/> Resisted temptation <input type="checkbox"/> Lacked motivation <input type="checkbox"/> Exercised <input type="checkbox"/> Cheated <p>Comments: _____</p> <p>_____</p>	<p>Day 11</p> <ul style="list-style-type: none"> <input type="checkbox"/> Stayed true to my goal! <input type="checkbox"/> Walked away from the candy <input type="checkbox"/> Exercised <input type="checkbox"/> Cheated <p>Comments: _____</p> <p>_____</p>	<p>Day 12</p> <ul style="list-style-type: none"> <input type="checkbox"/> Gave in to temptation <input type="checkbox"/> Exercised an extra 10 minutes <input type="checkbox"/> Exercised <input type="checkbox"/> Cheated <p>Comments: _____</p> <p>_____</p>
<p>Day 13</p> <ul style="list-style-type: none"> <input type="checkbox"/> Needed encouragement <input type="checkbox"/> Followed my meal plan <input type="checkbox"/> Exercised <input type="checkbox"/> Cheated <p>Comments: _____</p> <p>_____</p>	<p>Day 14</p> <ul style="list-style-type: none"> <input type="checkbox"/> Felt like a couch potato <input type="checkbox"/> Felt great! <input type="checkbox"/> Exercised <input type="checkbox"/> Cheated <p>Comments: _____</p> <p>_____</p>	<p>Day 15</p> <ul style="list-style-type: none"> <input type="checkbox"/> Shared my goal with a friend <input type="checkbox"/> Made healthy food choices <input type="checkbox"/> Exercised <input type="checkbox"/> Cheated <p>Comments: _____</p> <p>_____</p>

<p>Day 16</p> <ul style="list-style-type: none"> <input type="checkbox"/> Gave in to temptation <input type="checkbox"/> Exercised an extra 10 minutes <input checked="" type="checkbox"/> Exercised <input type="checkbox"/> Cheated <p>Comments: _____</p> <p>_____</p>	<p>Day 17</p> <ul style="list-style-type: none"> <input type="checkbox"/> Needed encouragement <input type="checkbox"/> Followed my meal plan <input checked="" type="checkbox"/> Exercised <input type="checkbox"/> Cheated <p>Comments: _____</p> <p>_____</p>	<p>Day 18</p> <ul style="list-style-type: none"> <input type="checkbox"/> Really wanted those french fries! <input type="checkbox"/> Felt great! <input checked="" type="checkbox"/> Exercised <input type="checkbox"/> Cheated <p>Comments: _____</p> <p>_____</p>
<p>Day 19</p> <ul style="list-style-type: none"> <input type="checkbox"/> Had plenty of energy <input type="checkbox"/> Needed an energy boost <input checked="" type="checkbox"/> Exercised <input type="checkbox"/> Cheated <p>Comments: _____</p> <p>_____</p>	<p>Day 20</p> <ul style="list-style-type: none"> <input type="checkbox"/> Wasn't lazy! <input type="checkbox"/> Made healthy food choices <input checked="" type="checkbox"/> Exercised <input type="checkbox"/> Cheated <p>Comments: _____</p> <p>_____</p>	<p>Day 21</p> <ul style="list-style-type: none"> <input type="checkbox"/> Stayed true to my goal! <input type="checkbox"/> Walked away from the donuts <input checked="" type="checkbox"/> Exercised <input type="checkbox"/> Cheated <p>Comments: _____</p> <p>_____</p>
<p>Day 22</p> <ul style="list-style-type: none"> <input type="checkbox"/> Feeling accomplished <input type="checkbox"/> Made healthy food choices <input checked="" type="checkbox"/> Exercised <input type="checkbox"/> Cheated <p>Comments: _____</p> <p>_____</p>	<p>Day 23</p> <ul style="list-style-type: none"> <input type="checkbox"/> Gave in to temptation <input type="checkbox"/> Exercised an extra 10 minutes <input checked="" type="checkbox"/> Exercised <input type="checkbox"/> Cheated <p>Comments: _____</p> <p>_____</p>	<p>Day 24</p> <ul style="list-style-type: none"> <input type="checkbox"/> Needed encouragement <input type="checkbox"/> Followed my meal plan <input checked="" type="checkbox"/> Exercised <input type="checkbox"/> Cheated <p>Comments: _____</p> <p>_____</p>
<p>Day 25</p> <ul style="list-style-type: none"> <input type="checkbox"/> Shared my goal with a friend <input type="checkbox"/> Felt great! <input checked="" type="checkbox"/> Exercised <input type="checkbox"/> Cheated <p>Comments: _____</p> <p>_____</p>	<p>Day 26</p> <ul style="list-style-type: none"> <input type="checkbox"/> Had plenty of energy <input type="checkbox"/> Needed an energy boost <input checked="" type="checkbox"/> Exercised <input type="checkbox"/> Cheated <p>Comments: _____</p> <p>_____</p>	<p>Day 27</p> <ul style="list-style-type: none"> <input type="checkbox"/> Making healthy habits <input type="checkbox"/> Made healthy food choices <input checked="" type="checkbox"/> Exercised <input type="checkbox"/> Cheated <p>Comments: _____</p> <p>_____</p>
<p>Day 28</p> <ul style="list-style-type: none"> <input type="checkbox"/> Stayed true to my goal! <input type="checkbox"/> Didn't even want junk food <input checked="" type="checkbox"/> Exercised <input type="checkbox"/> Cheated <p>Comments: _____</p> <p>_____</p>	<p>Day 29</p> <ul style="list-style-type: none"> <input type="checkbox"/> Feel rejuvenated <input type="checkbox"/> Made healthy food choices <input checked="" type="checkbox"/> Exercised <input type="checkbox"/> Cheated <p>Comments: _____</p> <p>_____</p>	<p>Day 30</p> <ul style="list-style-type: none"> <input type="checkbox"/> Feel AMAZING! <input type="checkbox"/> Exercised an extra 10 minutes <input checked="" type="checkbox"/> Exercised <input type="checkbox"/> Cheated <p>Comments: _____</p> <p>_____</p>



ARBONNE®



The products you need, when you need them.

Get started with shipments of your favourite nutrition products delivered right to your door. Arbonne Special Delivery™ offers everything you need:

- Exclusive product offers and savings throughout the year
- Easy to set up your order(s) with only a few clicks of the mouse
- Flexibility of 30-, 45-, 60- and 90-day shipping options
- Convenience of maintaining your order(s) 24/7

Begin your Arbonne Special Delivery orders today and start earning rewards!

Ask your Independent Consultant how to get started or simply go to arbonne.ca > Arbonne Special Delivery.

