

STEP 3

GET MOVING!

(SEE PAGE 26 FOR TIPS, ETC)



STEP 4

BE MINDFUL

(SEE PAGE 22 FOR TIPS, ETC)

STEP 5

REST WELL BY GETTING ENOUGH GOOD QUALITY SLEEP, IDEALLY FOR AT LEAST 8 HOURS

(SEE PAGE 28 FOR TIPS, ETC)

STEP 6

TRACK YOUR GOALS/ PROGRESS WITH YOUR SUCCESSPLAN

STEP 7

GET READY FOR BEYOND THE 30 DAYS

(SEE PAGE 33 FOR TIPS, ETC)

DID YOU KNOW?

We recommend and provide suggested recipes that limit some foods high in fiber. This is because our Arbonne Protein Shakes contains 6 g of fiber. Consuming too much fiber can lead to digestive discomfort if you are not used to consuming a diet high in fiber. If your body is accustomed to this, then you are free to add more high-fiber foods (e.g., whole grains, legumes, etc.).

Recommendations from the National Academy of Medicine:
Fiber: Daily recommendations for adults

	Age 50 or younger	Age 51 or older
Men	38 grams	30 grams
Women	25 grams	21 grams