



# Accountability Workbook

READY SET WELLNESS  
7-DAY CLEANSE

Shaklee®



# Are You Ready to Take Your Health to the Next Level?

The purpose of this Accountability Workbook is to help you see results. Whether you are looking for more energy, better digestion, improved focus, or a jump start to weight loss, the Ready Set Wellness Experience and 7-Day Healthy Cleanse will help you level up your health and elevate your life mentally, emotionally, and socially.

Over the next 30 days, this workbook will require:

**RSW INITIAL PREP**

20 minutes to complete your assessment, measurements, goals, and intention before you start

**DAILY**

3 minutes to record your habits daily

**WEEKLY**

5 minutes to record your weekly health changes

**You deserve to live the life you've always wanted and feel your healthiest.**

You can radically change the way you feel. You just need to start!

We are here to help guide you along the way.

# Set Your Intention

In order to be truly happy, healthy, strong, and fit in all areas of your life, you have to live according to your most deeply held values. When your goals are aligned with your values, life and good health flow almost effortlessly—mind, body, and spirit. Knowing the core reason behind why you want to achieve your goals can help give you the motivation and determination to make them a reality. When you understand why your health goals are important to you, you can create clear, focused goals that are achievable.

## Why are you participating in the Ready, Set, Wellness Experience and the 7-Day Healthy Cleanse?

### CHECK ALL THAT APPLY

<input type="checkbox"/> Increase energy	<input type="checkbox"/> Improve mental/emotional well-being
<input type="checkbox"/> Improve strength	<input type="checkbox"/> Improve digestive health
<input type="checkbox"/> Lose weight	<input type="checkbox"/> Improve happiness
<input type="checkbox"/> Build self-esteem/confidence	<input type="checkbox"/> Support overall health
<input type="checkbox"/> Improve health	<input type="checkbox"/> Additional reasons

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# My WHY

The goal of this worksheet is to identify your core beliefs, the deep values behind why you want to complete the Ready Set Wellness Experience and achieve your health goals. This '5 why' process may uncover surprising motivations you didn't know existed. It may take you more or fewer than 5 whys.

01

WHY DO YOU \_\_\_\_\_ ?

START WITH A WHY YOU CHECKED OFF FROM THE PREVIOUS PAGE OR THE REASON YOU STARTED THE RSW EXPERIENCE

**EXAMPLE:**

*Why do I want to improve my health and lose weight?*

Because I want to fit into a smaller size of jeans.

02

WHY DO YOU \_\_\_\_\_ ?

*Why do I want to fit into a smaller size of jeans?*

Because when I look good, I feel good about myself.

03

WHY DO YOU \_\_\_\_\_ ?

*Why do I want to feel good about myself?*

Because when I feel good about myself, I feel more confident and capable.

04

WHY DO YOU \_\_\_\_\_ ?

*Why do I want to feel more confident and capable?*

Because when I feel more confident and capable, I will participate in activities with my kids that I've avoided before.

05

WHY DO YOU \_\_\_\_\_ ?

*Why do I want to participate in activities I've avoided with my kids?*

Because I want to be able to relate to my kids and be actively involved in their lives.

# Set Your Goals

What is your short-term,  
30-day goal?

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What is your long-term health  
goal? (6 months or longer)

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REMEMBER TO WRITE A SMART GOAL:  
SPECIFIC, MEASURABLE, ACTIONABLE,  
REALISTIC, TIME-BASED.

How will completing the RSW Experience and completing your short-term goal serve as a foundational stepping stone in helping you achieve your long-term health goal?

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SHARE YOUR GOALS WITH YOUR AMBASSADOR  
TO SEE HOW THEY CAN HELP SUPPORT YOU.

# Visualize

Sit down in a quiet space, close your eyes, and visualize what your life will look like when you make these health changes.

How will finishing your Ready Set Wellness Experience and reaching your long-term health goal impact your life and help you take all areas of your health to the next level? How will you feel? Will it open new opportunities, help you learn healthy habits, or improve your self-confidence or well-being? How will your life be different than it is now? How will you feel?

**Make sure to share your goals and intention with your ambassador.**

They can guide you throughout the process and provide support and encouragement to help you reach your goals!

# Assessment

Be honest with yourself! Taking this assessment is a good indicator of where you are on your health journey, and it can help you see your progress as you complete your Ready Set Wellness Experience.

If you experience any of the concerns in the assessment, our goal is for you to optimize your health by helping you create healthy habits. Increased consumption of whole, nutrient-dense foods, decreased intake of processed foods, more physical activity, and creating a healthy relationship with food along with high-quality, science-backed supplements can help you become your healthiest self. You just have to start! You may be surprised how many of your concerns improve in this short period of time.

**USE THE FOLLOWING RATING SCALE:**

- 0 = Never or almost never have the concern
- 1 = Occasionally have it, effect is not severe
- 2 = Occasionally have it, effect is severe
- 3 = Frequently have it, effect is not severe
- 4 = Frequently have it, effect is severe

ENERGY LEVELS	BEFORE	AFTER	DIFFERENCE
Occasional fatigue or tiredness			
Occasional stress			

DIGESTION	BEFORE	AFTER	DIFFERENCE
Nausea			
Irregularity			
Feeling bloated			
Belching or passing gas			
Occasional indigestion			

EMOTIONS	BEFORE	AFTER	DIFFERENCE
Feeling stressed			
Irritability / Grumpiness			

JOINTS AND MUSCLES	BEFORE	AFTER	DIFFERENCE
Discomfort			
Stiffness			
Limitation of movement			

MIND	BEFORE	AFTER	DIFFERENCE
Poor concentration			
Lack of focus			
Forgetfulness			

SKIN	BEFORE	AFTER	DIFFERENCE
Blemishes or breakouts			
Dry skin			
Skin Irritation			

WEIGHT	BEFORE	AFTER	DIFFERENCE
Cravings for sweet or salty foods			
Bloating			
Difficulty losing weight or inability to maintain a healthy weight			

OTHER	BEFORE	AFTER	DIFFERENCE
Difficulty sleeping			
Eating under stress			
Low energy			

# Measure Your Progress

The Ready Set Wellness Experience was designed to take not only your physical health but all aspects of your health to the next level. Weight is not always the best indicator of progress; that's why taking body measurements, taking before and after pictures, and logging how you feel each day are important for tracking your progress and understanding how your body composition is changing as well as how your physical activity and dietary changes are affecting you from a holistic viewpoint.

Take your measurements before you begin your Ready Set Wellness Experience and after day 30. For consistent tracking, measure and weigh yourself each week at the same time of day. We recommend doing this in the morning after you use the bathroom and before you eat.

Starting Date \_\_\_\_\_

## Progress Picture Tips

Before and after pictures are some of the best success indicators; the scale doesn't always accurately reflect how your body is changing.

1

Wear form-fitting activewear or swimwear. Your stomach area should be visible—this is a great indicator of weight loss and/or muscle gain.

2

Stand in front of a plain wall and take your picture in the same spot for each picture.

3

Try to take your photo in natural daylight. If that's not possible, stand in a well-lit room with as much light as possible.

4

Stand up straight with your shoulders back and down and arms relaxed at your sides. Recreate the same pose each time.

### ARMS

Week 1	_____
Week 2	_____
Week 3	_____
Week 4	_____

Stand up straight with one arm relaxed, and find the midpoint between the shoulder bone and the elbow of that arm. Measure around your bicep.

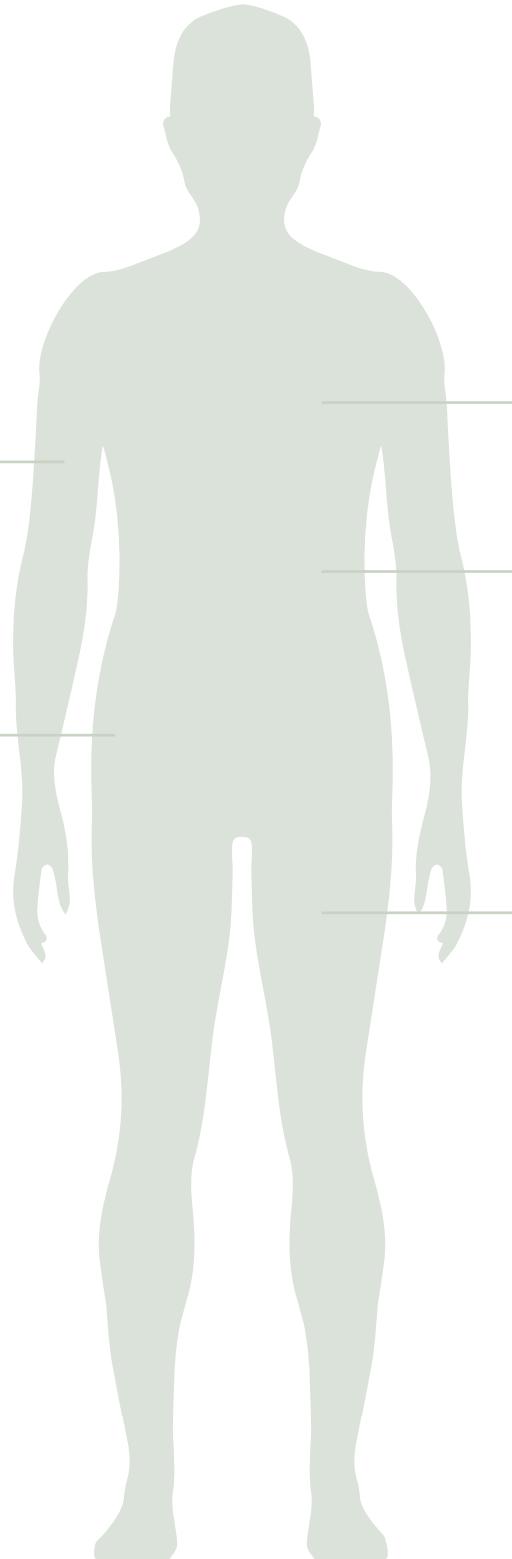
### HIPS

Week 1	_____
Week 2	_____
Week 3	_____
Week 4	_____

Measure the hips around the fullest part of your buttocks with your heels together.

### WEIGHT

Starting	_____
Progress Picture	<input type="checkbox"/>
Week 1	_____
Progress Picture	<input type="checkbox"/>
Week 2	_____
Progress Picture	<input type="checkbox"/>
Week 3	_____
Progress Picture	<input type="checkbox"/>
Week 4	_____
Progress Picture	<input type="checkbox"/>



### CHEST

Week 1	_____
Week 2	_____
Week 3	_____
Week 4	_____

Measure around the fullest part of the chest.

### WAIST

Week 1	_____
Week 2	_____
Week 3	_____
Week 4	_____

Measure your waist without holding the tape too tightly or too loosely. Your waist is the narrowest part of your trunk, or approximately 1 inch above your belly button.

### THIGH

Week 1	_____
Week 2	_____
Week 3	_____
Week 4	_____

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.

Total Weight Lost \_\_\_\_\_  
 Total Inches Lost \_\_\_\_\_

# Why Cleansing?

The Cleanse is a great way to jump-start your health, detox your body, and help you reset physically and mentally.

There are many ways to cleanse your body, from the simple to the extreme. The 7-Day Healthy Cleanse is a simple way to gently reset the digestive system and support detoxification and digestion processes, emphasizing clean, easy-to-digest whole foods.

## The 7-Day Healthy Cleanse is designed to



Support detox & healthy digestion\*†



Jump-start weight loss & reduces cravings\*†



Improve focus & energy\*†



Enhance mood & sleep quality\*†

## What's in the Cleanse?



- 1 OPTIFLORA® DI PROBIOTIC
- 5 ALFALFA COMPLEX
- 1 LIVER DTX® COMPLEX



PM

- 5 ALFALFA COMPLEX
- 2 LIVER DTX® COMPLEX
- 2 HERB-LAX®

\*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.

<sup>†</sup>Based on a 7-day pilot study conducted by three Shaklee Ambassadors—an M.D. and two nutritionists—in collaboration with Shaklee Medical Affairs.

# What to Expect on the 7-Day Healthy Cleanse

Cleansing can be intimidating. You may assume that in order to detox, you have to starve yourself by drinking only green juice for weeks. Lucky for you, that's not the case!

Although this cleanse is gentle, any cleanse can be taxing physically and emotionally due to the nature of the detoxification process. We recommend choosing a week that's not super busy and hectic. That way, you can focus your energy on rejuvenating your mind and body. If you are taking medication or have chronic health conditions, consult with your doctor before starting the Cleanse.

01

Unlimited amounts of cleanse nutrition; you shouldn't be hungry! Eat at least every 2 hours and GRAZE ALL DAY—cut up vegetables and fruits before you start for extra convenience.

02

Eat at least every 2 hours.

03

Eat fruits/vegetables all day. These can be raw, steamed, or sautéed. Aim for  $\frac{2}{3}$  vegetables and  $\frac{1}{3}$  fruit.

04

Drink at least 8–10 glasses of water each day. Water flushes toxins from your system.

05

We recommend a large salad with full-fat dressing or vegetable stir-fry with a starchy vegetable for the evening meal.

## Foods to Avoid

Animal protein

Caffeine

Refined sugar

Gluten

Alcohol

Dairy

Processed foods

Tobacco

The guidelines for the Cleanse are meant to help you see results, but we know everyone has specific needs, and you may need to change the amount of protein you consume or how you reintroduce the eliminated foods back into your diet based on your specific needs. We recommend talking with your Ambassador if you have any questions.

### **Can I have Life Shake™ during the cleanse?**

Yes, if you are hungry during the Healthy Cleanse, you can make your shake with ice, water, and frozen fruit and veggies. After the Cleanse, you can blend it with any of your favorite milks or mix-ins.

### **Can I eat any protein-rich food on the Cleanse?**

If you are very hungry and feel like you need more protein, try drinking a Life Shake™. If you feel like you need more protein beyond your Life Shake, try 4 ounces of grilled chicken breast or a hard-boiled egg.

### **Do I take my Meology™ supplements during the Cleanse?**

If you have not already been taking Meology or another supplement regimen, it is recommended to wait and start your Meology after the Cleanse.

The more effort you put in, the better your results will be! If you follow the Cleanse as directed, you will get amazing results!

## Foods to Embrace

Vegetables

Fruits

Herbal or  
decaffeinated teas

Filtered water

Fresh vegetable juices  
or, even better,  
eat whole fruits  
or vegetables

All herbs and spices  
—fresh or dried

Healthy fat  
like extra-virgin olive  
oil or avocado oil  
1 to 2 tablespoons per  
day for salad dressing  
or sautéing

### ADDITIONAL 7-DAY HEALTHY CLEANSE RESOURCES:

[Eat Well Nutrition and Recipe Guide >](#)

[FAQ >](#)

[Official Shaklee 7-Day Healthy  
Cleanse Facebook Group >](#)

[Shopping list >](#)

[Cleanse flyer >](#)

[Cleanse recipes >](#)

For more recipe ideas, head to  
[Shaklee's Naturally blog >](#)

# Prep Week

Prep for your experience before your products arrive.

## 1 Slowly reduce your intake of caffeine.

**How am I going to do that?**

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Shop for the 7-Day  
Healthy Cleanse  
grocery staples  
and fresh foods.



## 2 Slowly reduce your intake of sugar.

**How am I going to do that?**

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## 3 Slowly eliminate animal proteins.

**Some options I prefer:**

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## 4 Slowly eliminate all dairy products.

**Some options I prefer:**

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## 5 Slowly reduce the intake of alcohol.

**How am I going to do that?**

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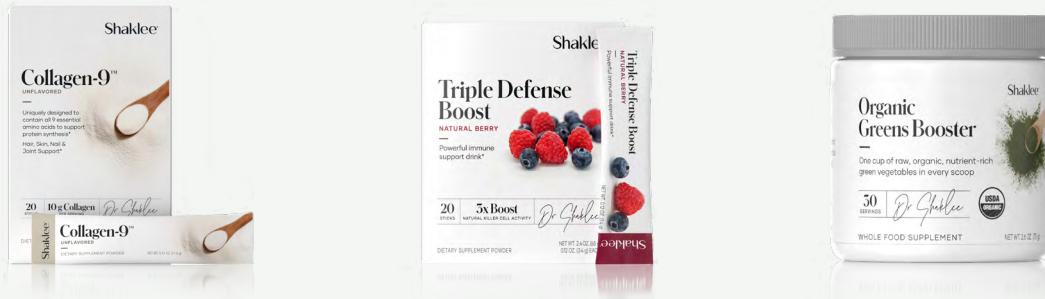
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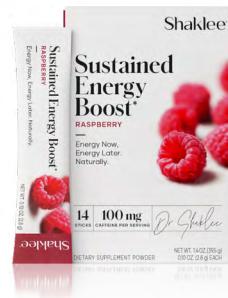
## Need more Ideas?

Check out our **Eat Well Nutrition and Recipe Guide** for healthy alternatives, variety, and to spark creativity.

Try adding some of our best-selling products like Collagen 9™, Triple Defense Boost, or Organic Greens Booster to your next order.



If you love your caffeine, Sustained Energy Boost\* is a great alternative. It uses naturally sourced caffeine from green coffee bean extract and green tea extract to give you a boost in energy and circulation, without the jitters and crash that can be experienced with synthetic caffeine.\*



### Pro tip

Use your **25 FREE Loyalty Rewards points\*\*** that you received for signing up with Ready Set Wellness toward the products you want to try!

\*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.

\*\*See full Loyalty Rewards Terms and Conditions at [shaklee.com/loyaltyrewards](http://shaklee.com/loyaltyrewards)

# Why Join Shaklee Loyalty Rewards?

It's simple—get the convenience of having the products you need and want on autoship AND get rewarded for it.

**1 Loyalty Point = \$1**

STEP 1

## Shop

Create a recurring monthly order of \$100+ with your must-have products.\*\*

STEP 2

## Earn

Get up to **15% back** in Loyalty Points on qualifying orders.\*\*

STEP 3

## Redeem

Redeem your points for free full-size products of your choice.\*\*

Next month, order



For more recipes, visit [shaklee.com/healthycleanse](http://shaklee.com/healthycleanse)

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\*\*See full Loyalty Rewards Terms and Conditions at [shaklee.com/loyaltyrewards](http://shaklee.com/loyaltyrewards)

# Week 1 Habit Tracker

Date \_\_\_\_\_

## 7-Day Healthy Cleanse Week

Daily accountability starts here! Take 3 minutes each day to record your habits and changes.

	MON	TUE	WED	THU	FRI	SAT	SUN
AM Packet							
PM Packet							
Life Shake (optional)							
Drink 80 oz. of water							
Cleanse-approved diet							
30 minutes of gentle exercise/movement such as walking and stretching							
15 minutes of personal development							
Sleep at least 7 hours							
Complete your Daily Check-In							
<b>TOTAL POINTS</b>							

# Week 1 Daily Check-In

Date \_\_\_\_\_

## Your Wellness Diary

Rate yourself 1-10. 1 = very poor, 10 = feeling amazing.

### MONDAY

	RATE 1-10	NOTES
Mental Focus		
Energy Levels		
Mood		
Sleep Quality		
Cravings		
Digestion		

### WHAT OTHER CHANGES AND IMPROVEMENTS HAVE YOU NOTICED?

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## TUESDAY

	RATE 1-10	NOTES
Mental Focus		
Energy Levels		
Mood		
Sleep Quality		
Cravings		
Digestion		

**WHAT OTHER CHANGES AND IMPROVEMENTS HAVE YOU NOTICED?**

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## WEDNESDAY

	RATE 1-10	NOTES
Mental Focus		
Energy Levels		
Mood		
Sleep Quality		
Cravings		
Digestion		

**WHAT OTHER CHANGES AND IMPROVEMENTS HAVE YOU NOTICED?**

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## THURSDAY

	RATE 1-10	NOTES
Mental Focus		
Energy Levels		
Mood		
Sleep Quality		
Cravings		
Digestion		

**WHAT OTHER CHANGES AND IMPROVEMENTS HAVE YOU NOTICED?**

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## FRIDAY

	RATE 1-10	NOTES
Mental Focus		
Energy Levels		
Mood		
Sleep Quality		
Cravings		
Digestion		

**WHAT OTHER CHANGES AND IMPROVEMENTS HAVE YOU NOTICED?**

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**SATURDAY**

	RATE 1-10	NOTES
Mental Focus		
Energy Levels		
Mood		
Sleep Quality		
Cravings		
Digestion		

**WHAT OTHER CHANGES AND IMPROVEMENTS HAVE YOU NOTICED?**

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**SUNDAY**

	RATE 1-10	NOTES
Mental Focus		
Energy Levels		
Mood		
Sleep Quality		
Cravings		
Digestion		

**WHAT OTHER CHANGES AND IMPROVEMENTS HAVE YOU NOTICED?**

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# Week 1 Recap

Take 5 minutes to complete this at the end of each week.

Congratulations! You made it through the 7-Day Healthy Cleanse! We know it wasn't easy and you should be proud of yourself for accomplishing something this hard. It's a great jump start to a healthier lifestyle. Record your biggest wins and changes.

## Your Wins

### **Bigest physical changes felt**

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### **Bigest mental changes felt**

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### **Bigest emotional changes felt**

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### **List three things you are proud of accomplishing or sticking to this week**

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

## How can I continue to work toward my 30-day health goal next week?

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Take a Progress Picture



Record your weight and inches on the weight tracker on page 10

Ready to start Week 2 on the right track? Plan your meals with our Meal Planner in the Resources section on pages 48-51.

Share your results with your Ambassador and let them know what is going well and where you need extra support! Remember, they want to help and see you succeed in accomplishing your goals!

**Feel amazing?** Share your health journey with your friends and on social media. Don't forget to include **#ReadySetWellness**.

# What to Expect in Week 2

Reintroduce eliminated food groups week by week over the next 3 weeks and continue eating LOTS of fruits and veggies. Clean eating is key! You don't have to follow this reintroduction plan exactly, but however you choose to reintroduce foods, do it slowly and take note of how your body reacts to the eliminated foods. This way you'll be able to identify whether any of these foods or ingredients have been creating unfavorable health symptoms for you prior to the Cleanse.

You may feel so good that you decide to reduce or eliminate some foods or ingredients for good!

## Clean Protein Sources

### LIFE SHAKE

2 scoops = 1 serving

### SEEDS

hemp, chia, flaxseed, sunflower, and other seeds

Organic chicken/turkey

Wild-caught fish (salmon especially) and seafood

Organic, pasture-raised eggs

Grass-fed, organic beef

Non-GMO, organic tofu

In Week 2, you can add in clean proteins and seeds to your diet.

Start taking your Meology™ or Vitalizer™ vitamins each day and replace one meal with Life Shake™ if you haven't already!

For fun Shake recipes, check out our [Recipe E-Book](#).

Don't miss a beat! Plan out your meals for Week 2 in our [Meal Planner](#) provided in the Resources section, (pg 48-51).

Check out some ideas for Week 2 recipes in the [Eat Well Nutrition and Recipe Guide](#).

Try adding Collagen-9™ to your Life Shake or other favorite drinks. Collagen-9 includes all 9 essential amino acids, 10 g of collagen, and a powerful combination of biotin and vitamin C, to promote healthy skin, hair, nails, and joints.\*

\*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.

# Food Reintroduction Chart

Use this chart to record how your body reacts to the eliminated foods. Do you get bloated and sluggish when you eat dairy? Does sugar give you more cravings? Does your heart race after you have caffeine? Do you experience brain fog after eating gluten? Be mindful of not only the physical reactions but also the mental and emotional reactions your body has to the reintroduction of each of the six items shown.

FOOD ITEM	DATE REINTRODUCED	HOW DID I FEEL?
Sugar		
Caffeine		
Meat		
Alcohol		
Gluten		

# Week 2 Habit Tracker

Date \_\_\_\_\_

	MON	TUE	WED	THU	FRI	SAT	SUN
Vitamins							
Life Shake							
Drink 80 oz. of water							
Cleanse-approved diet							
30 minutes of exercise/movement							
Read 10 pages of a personal development book							
Sleep 7 hours or more							
Complete your Daily Check-In							
<b>TOTAL POINTS</b>							

“Every action you take is a vote for the type of person you want to become.”

—James Clear

Let your Ambassador know how you did.

# Week 2 Daily Check-In

Date \_\_\_\_\_

## Your Wellness Diary

Rate yourself 1-10. 1 = very poor, 10 = feeling amazing.

### MONDAY

	RATE 1-10	NOTES
Mental Focus		
Energy Levels		
Mood		
Sleep Quality		
Cravings		
Digestion		

### WHAT OTHER CHANGES AND IMPROVEMENTS HAVE YOU NOTICED?

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**Feeling great?** Share your results on social media with **#ReadySetWellness**.

## TUESDAY

	RATE 1-10	NOTES
Mental Focus		
Energy Levels		
Mood		
Sleep Quality		
Cravings		
Digestion		

**WHAT OTHER CHANGES AND IMPROVEMENTS HAVE YOU NOTICED?**

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## WEDNESDAY

	RATE 1-10	NOTES
Mental Focus		
Energy Levels		
Mood		
Sleep Quality		
Cravings		
Digestion		

**WHAT OTHER CHANGES AND IMPROVEMENTS HAVE YOU NOTICED?**

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## THURSDAY

	RATE 1-10	NOTES
Mental Focus		
Energy Levels		
Mood		
Sleep Quality		
Cravings		
Digestion		

**WHAT OTHER CHANGES AND IMPROVEMENTS HAVE YOU NOTICED?**

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## FRIDAY

	RATE 1-10	NOTES
Mental Focus		
Energy Levels		
Mood		
Sleep Quality		
Cravings		
Digestion		

**WHAT OTHER CHANGES AND IMPROVEMENTS HAVE YOU NOTICED?**

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**SATURDAY**

	RATE 1-10	NOTES
Mental Focus		
Energy Levels		
Mood		
Sleep Quality		
Cravings		
Digestion		

**WHAT OTHER CHANGES AND IMPROVEMENTS HAVE YOU NOTICED?**

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**SUNDAY**

	RATE 1-10	NOTES
Mental Focus		
Energy Levels		
Mood		
Sleep Quality		
Cravings		
Digestion		

**WHAT OTHER CHANGES AND IMPROVEMENTS HAVE YOU NOTICED?**

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# Week 2 Recap

## Your Wins

### Biggest physical changes felt

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### Biggest mental changes felt

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### Biggest emotional changes felt

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### List three things you are proud of accomplishing or sticking to this week

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

## How can I continue to work toward my 30-day health goal next week?

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- Take a Progress Picture
- Record your weight and inches on the weight tracker on page 10
- Record in your Wellness Diary daily

Share your results with your Ambassador! Let them know what's going well and where you need extra support!

Ready to start Week 3 on the right track? Plan your meals with our Meal Planner in the Resources section on pages 48-51 and check out recipe ideas for Week 3 in the [Eat Well Nutrition and Recipe Guide](#).

# What to Expect in Week 3

You've got to nourish in order to flourish. This week continue eating Cleanse-approved foods and clean proteins, then start adding in gluten-free grains.

Continue eating lots of veggies and fruits with every meal. Don't forget to take your vitamins and Life Shake DAILY!

## Embrace these grains

### AMARANTH

### GLUTEN-FREE OATS

### NON-GMO CORN

### RICE

try black, purple, brown,  
or red varieties

### BUCKWHEAT

try with crepes/pancakes

### GRITS/POLENTA

polenta makes a great  
alternative to pizza crust

### MILLET

try as a hot breakfast cereal

### QUINOA

try it in stir-frys

### TEFF

try as a seasoned side dish

## GET CREATIVE AND TRY A NEW GRAIN EVERY DAY

Avoid gluten-free packaged/processed foods.

Continue using the food reintroduction chart on page 24.

Limit alcohol to 1 beverage 1-2 days per week. If you don't feel the need to drink, skip drinking altogether!

# Week 3 Habit Tracker

Date \_\_\_\_\_

	MON	TUE	WED	THU	FRI	SAT	SUN
Vitamins							
Life Shake							
Drink 80 oz. of water							
Cleanse-approved diet							
30 minutes of exercise/movement							
Read 10 pages of a personal development book							
Sleep 7 hours or more							
Complete your Daily Check-In							
<b>TOTAL POINTS</b>							

“Your body adapts to what you eat. Your mind adapts to what you consume. Your soul adapts to what you love. What you feed yourself today is who you become tomorrow.”

—James Clear

Let your Ambassador know how you did.

# Week 3 Daily Check-In

Date \_\_\_\_\_

## MONDAY

	RATE 1-10	NOTES
Mental Focus		
Energy Levels		
Mood		
Sleep Quality		
Cravings		
Digestion		

### WHAT OTHER CHANGES AND IMPROVEMENTS HAVE YOU NOTICED?

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## TUESDAY

	RATE 1-10	NOTES
Mental Focus		
Energy Levels		
Mood		
Sleep Quality		
Cravings		
Digestion		

**WHAT OTHER CHANGES AND IMPROVEMENTS HAVE YOU NOTICED?**

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## WEDNESDAY

	RATE 1-10	NOTES
Mental Focus		
Energy Levels		
Mood		
Sleep Quality		
Cravings		
Digestion		

**WHAT OTHER CHANGES AND IMPROVEMENTS HAVE YOU NOTICED?**

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## THURSDAY

	RATE 1-10	NOTES
Mental Focus		
Energy Levels		
Mood		
Sleep Quality		
Cravings		
Digestion		

**WHAT OTHER CHANGES AND IMPROVEMENTS HAVE YOU NOTICED?**

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## FRIDAY

	RATE 1-10	NOTES
Mental Focus		
Energy Levels		
Mood		
Sleep Quality		
Cravings		
Digestion		

**WHAT OTHER CHANGES AND IMPROVEMENTS HAVE YOU NOTICED?**

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**SATURDAY**

	RATE 1-10	NOTES
Mental Focus		
Energy Levels		
Mood		
Sleep Quality		
Cravings		
Digestion		

**WHAT OTHER CHANGES AND IMPROVEMENTS HAVE YOU NOTICED?**

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**SUNDAY**

	RATE 1-10	NOTES
Mental Focus		
Energy Levels		
Mood		
Sleep Quality		
Cravings		
Digestion		

**WHAT OTHER CHANGES AND IMPROVEMENTS HAVE YOU NOTICED?**

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# Week 3 Recap

## Your Wins

### Biggest physical changes felt

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### Biggest mental changes felt

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### Biggest emotional changes felt

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### List three things you are proud of accomplishing or sticking to this week

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

## How can I continue to work toward my 30-day health goal next week?

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- Take a Progress Picture
- Record your weight and inches on the weight tracker on page 10
- Record in your Wellness Diary daily

Share your results with your Ambassador! Let them know what's going well and where you need extra support!

Ready to start Week 4 on the right track? Plan your meals with our Meal Planner in the Resources section on pages 48-51 and check out recipe ideas for Week 4 in the [Eat Well Nutrition and Recipe Guide](#).

Shipping typically takes about a week, so make sure to place next month's order now to continue your Ready Set Wellness Experience momentum!



If you don't already have a Loyalty Rewards order set up, now is the time! Earn free products and up to 15% back for every \$100+ qualifying order to use toward products of your choice. [Learn More >](#)

STEP 1

# Shop

Create a recurring monthly order of \$100+ with your must-have products.\*\*

STEP 2

# Earn

Get up to **15% back** in Loyalty Points on qualifying orders.\*\*

STEP 3

# Redeem

Redeem your points for free full-size products of your choice.\*\*

Remember, you received **25 FREE Loyalty Rewards points** for signing up with your Ready Set Wellness Kit! It's time to try that boost you've been eyeing!

\*\*See full Loyalty Rewards Terms and Conditions at [shaklee.com/loyaltyrewards](http://shaklee.com/loyaltyrewards)

# Prepare for Week 4

Date \_\_\_\_\_

## Reintroduction week

Continue taking your Life Shake and vitamins daily.  
Introduce a new food every 2 or more days.

Take note of any bodily responses to reintroduced food and record them here and/or in your **Food Reintroduction Chart** on page 24. If it isn't sitting well or causing gas, bloating, or other issues, remove it.

	FOOD ITEM	HOW DID I FEEL?
MON TUE	<b>NUTS</b> Almonds, cashews, pistachios, walnuts, pecans; shoot for raw or dry roasted (no oil in the ingredients). <u>Serving size</u> = 1/4 cup nuts or 1-2 Tbsp. nut butter.	
WED THU	<b>LEGUMES</b> Beans (pinto, black, garbanzo), peas, lentils. <u>Replace</u> 1-2 meats with legumes each week!	
FRI SAT	<b>DAIRY</b> Always organic if possible. Plain yogurt/kefir, no flavored/unflavored. Organic cheese or hard cheese, hard/aged = less lactose.	
SUN	<b>WHEAT/GLUTEN</b> Bread, pasta, crackers, cereal. Avoid added sugars in ingredients.	

# Week 4 Habit Tracker

Date \_\_\_\_\_

	MON	TUE	WED	THU	FRI	SAT	SUN
Vitamins							
Life Shake							
Drink 80 oz. of water							
Cleanse-approved diet							
30 minutes of exercise/movement							
Read 10 pages of a personal development book							
Sleep 7 hours or more							
Complete your Daily Check-In							
<b>TOTAL POINTS</b>							

“Momentum (Big Mo) is, without doubt, one of the most powerful and enigmatic forces of success.”

—Darren Hardy

Let your Ambassador know how you did.

# Week 4 Daily Check-In

Date \_\_\_\_\_

## MONDAY

	RATE 1-10	NOTES
Mental Focus		
Energy Levels		
Mood		
Sleep Quality		
Cravings		
Digestion		

WHAT OTHER CHANGES AND IMPROVEMENTS HAVE YOU NOTICED?

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## TUESDAY

	RATE 1-10	NOTES
Mental Focus		
Energy Levels		
Mood		
Sleep Quality		
Cravings		
Digestion		

**WHAT OTHER CHANGES AND IMPROVEMENTS HAVE YOU NOTICED?**

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## WEDNESDAY

	RATE 1-10	NOTES
Mental Focus		
Energy Levels		
Mood		
Sleep Quality		
Cravings		
Digestion		

**WHAT OTHER CHANGES AND IMPROVEMENTS HAVE YOU NOTICED?**

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## THURSDAY

	RATE 1-10	NOTES
Mental Focus		
Energy Levels		
Mood		
Sleep Quality		
Cravings		
Digestion		

**WHAT OTHER CHANGES AND IMPROVEMENTS HAVE YOU NOTICED?**

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## FRIDAY

	RATE 1-10	NOTES
Mental Focus		
Energy Levels		
Mood		
Sleep Quality		
Cravings		
Digestion		

**WHAT OTHER CHANGES AND IMPROVEMENTS HAVE YOU NOTICED?**

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**SATURDAY**

	RATE 1-10	NOTES
Mental Focus		
Energy Levels		
Mood		
Sleep Quality		
Cravings		
Digestion		

**WHAT OTHER CHANGES AND IMPROVEMENTS HAVE YOU NOTICED?**

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**SUNDAY**

	RATE 1-10	NOTES
Mental Focus		
Energy Levels		
Mood		
Sleep Quality		
Cravings		
Digestion		

**WHAT OTHER CHANGES AND IMPROVEMENTS HAVE YOU NOTICED?**

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# Week 4 Recap

## Your Wins

**Biggest physical changes felt**

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**Biggest mental changes felt**

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**Biggest emotional changes felt**

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**List three things you are  
proud of accomplishing  
or sticking to this week**

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

**How can I continue to  
work toward my 30-day  
health goal next week?**

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- Take a Progress Picture
- Record your weight and inches  
on the weight tracker on page 10
- Record in your Wellness Diary daily

# Congrats, You Did It!

We hope that you transformed, leveled up your health, and feel amazing!!! Make sure to take your final measurements and complete your final assessment on pages 7-10, and let your Ambassador know how far you have come!

## Top 3 things you are proud of

1

2

3

What is the biggest difference  
you notice in your health?

What habits have you created  
that you want to continue?

How will you do this?

What habits do you want  
to continue to improve?

How will you do this?

Total weight lost: \_\_\_\_\_

Total inches lost: \_\_\_\_\_

Your health journey doesn't end here! Make health and nutrition a priority by keeping up your routine every day! Keep the momentum going by continuing your healthy habits and taking your vitamins and Life Shake™ daily. Explore even more ways to create a healthier life with Shaklee Nutrition, Home, and Beauty products.



If we haven't made a believer out of you in 30 days, we'll give you a full refund, even if the container is empty. **No questions asked.**

**Ready Set Share!** You are amazing! It is time to celebrate yourself. Share your health journey and improvements with your friends and help them experience optimal health too! Remember to use **#ReadySetWellness**.

If you feel amazing, invite your friends on your wellness journey and help them feel their best!

# Meal Planner

Date \_\_\_\_\_

	BREAKFAST	LUNCH	DINNER	SNACKS
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

# Meal Planner

Date \_\_\_\_\_

	BREAKFAST	LUNCH	DINNER	SNACKS
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

# Meal Planner

Date \_\_\_\_\_

	BREAKFAST	LUNCH	DINNER	SNACKS
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

# Meal Planner

Date \_\_\_\_\_

	BREAKFAST	LUNCH	DINNER	SNACKS
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

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