



**ISABODY
JOURNAL**
AUSTRALIA AND
NEW ZEALAND

ISABODY

CHALLENGE®

16-WEEK JOURNAL



THE ISABODY MISSION

WE BELIEVE THAT
TRANSFORMATIONS
ARE FOR EVERYBODY.

TOGETHER

WE INSPIRE, WE SUPPORT, WE REWARD,
AND WE EXCEED OUR GOALS.

WE CHALLENGE YOU
TO EMBRACE
YOUR FULL POTENTIAL.

TRANSFORM YOUR BODY.
TRANSFORM YOUR LIFE.

WELCOME TO THE **ISABODY CHALLENGE!**

You have taken the first step to transforming your body, and above all, transforming your life!

We are committed to inspire, support and reward those who strive to achieve and exceed their goals. As with any achievement, planning is key to completing your Challenge. We are proud to partner with you during your journey to better health. This journal is complete with inspirational messages, workout tips, delicious recipes and space for you to write down your progress and thoughts.

Use this 16-week booklet as a guide to help support you during your IsaBody Challenge. Record your ambitions and milestones, your feelings and emotions. The more you write down, the more likely you are to stay focused on accomplishing your goals, plus a detailed journal will help you complete your essay at the end of the Challenge.

Your health is our priority

Information provided in this publication is for general purposes only and designed to help you make informed decisions about your health. It is not intended to substitute advice from your GP or health professional. If you are pregnant, breastfeeding, diabetic, on medication, have a medical condition or are beginning a weight loss program, consult your GP before using Isagenix products. Always consult your GP before making any dietary changes or starting any nutrition, weight loss or exercise program.

ISABODY

CHALLENGE*



THOMAS PHILBIN-MALUCELLI

Isagenix Customer since 2014
2019 Australia IsaBody Challenge Grand Prize Winner
2019 Global IsaBody Challenge Grand Prize Winner

PATH TO COMPLETION

To be eligible for a completion pack

1 **'Before':**

The final look at the old you

Snap four full-body photos of you standing. Upload via your Back Office when you register for your Challenge. Make sure one of the four photos has a time stamp or features a newspaper from the established start date.

2 **500 BV:**

Use the products

Participants must purchase and use Isagenix products during their IsaBody Challenge. A minimum of 500 BV is required throughout your 16-week Challenge period.

3 **'After':**

Show off the new you

Snap four full-body photos of you standing. Upload within two weeks of your Challenge End Date. Make sure one of the four photos has a time stamp or features a newspaper from the established completion date.

To be eligible for judging

4 **Inspirational Essay:**

Tell us your story

Write a 250-500 word essay sharing your IsaBody Challenge journey. Submit your essay at the same time as your 'after' photos.

5 **Maintenance:**

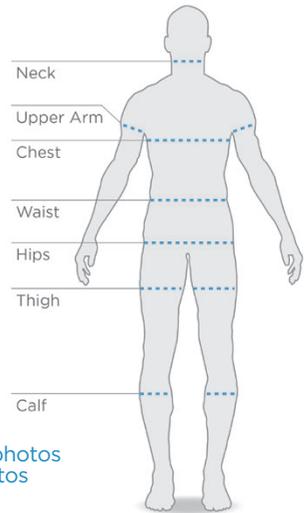
Photos and weigh-ins

Participants who complete their IsaBody Challenge three or more weeks prior to the Challenge judging period deadline are required to upload four final 'maintenance' photos via the Back Office.

KEEPING TRACK

Complete the below to help you track your progress over the 16 weeks

My Start Weight:	
My Goal Weight:	
My Start Date:	
My Completion Date:	
My Maintenance Photo Date (if applicable):	



I HAVE:

- Submitted my 4 'before' photos
- Submitted my starting weight and height
- Noted the dates I need to upload my 'after' photos and, if required essay and 'maintenance' photos
- Read the 'Official Rules and Regulations'

	Start	Week 4	Week 8	Week 12	Week 16
Weight					
Neck					
Upper Arm L					
Upper Arm R					
Chest					
Waist					
Hips					
Thigh L					
Thigh R					
Calf L					
Calf R					

Weight loss should not be considered typical. In a study performed in 2012 by University at Chicago researchers, subjects lost an average of 4.1 kg with an average of 0.9 kg of the loss from visceral fat after 30 days on an Isagenix System. The subjects also had a greater level of adherence and had more consistent weight loss from week to week compared to subjects on a traditional diet.



“The IsaBody Challenge is the best tool to stay committed and consistent. The 16-week format allows the formation of long-term healthy habits which in turn, creates a brand new lifestyle that truly transforms lives.”

KIM-XIA AU

Isagenix Customer since 2017
2018 New Zealand IsaBody Challenge Finalist

CHALLENGE GOALS

The IsaBody Challenge is all about you and what you want to achieve. Take this time to think about what your goals are and write them down. Did you know that you are more likely to achieve your goals and dreams by writing them down and reviewing them on a regular basis?

1. _____
2. _____
3. _____
4. _____
5. _____



**REMOVE THE
TEMPTATION!**

**EMPTY THE
PANTRY!**

Get rid of soft drinks, lollies, high sugar cereals, cakes, biscuits, chips, high fat snacks, instant noodles, etc.

RISE & SHINE, IT'S WORKOUT TIME



TIP

Find a fitness friend to keep you accountable. Choose someone who will motivate - not discourage - you and who will support and inspire you on your journey. Studies have shown if you have fit friends, you are more likely to be fit too!

FITNESS TIPS FOR SUCCESS

HYDRATION

- Stay hydrated by consistently drinking water throughout the day.
- Drink water between meals, pre, during and after workouts.
- Aim for a minimum of 8 glasses a day.

PLAN YOUR WORKOUT WEEK

- Schedule your workouts for the week, rather than guessing.
- Write your workouts down in your IsaBody Journal.
- Pack your gym bag the night before and put this at the door, ready to go!

ACTIVE REST DAYS

- Consider an active rest day that is low impact such as walking, swimming, cycling or yoga.
- On an active rest day, you can continue to burn calories while resting from a gym or more vigorous workout.

MINDSET

- Make excuses of why you CAN, not why you CAN'T.
- Have the mindset that you are in this for the journey and not just the outcome.
- Healthy Mind and Body is a great tool to help you break through unwanted negative habits.

Read more about the Healthy Mind and Body program on page 30.



RUKA TE MOANA

Isagenix Customer since 2014
2019 New Zealand IsaBody Challenge
Grand Prize Winner

CHALLENGE RECIPE IDEAS

VEGGIE BURGER BOWL

Time to prepare: 10 mins

Time to cook: 20 mins

1 cup reduced-sodium black beans, drained and rinsed

$\frac{3}{4}$ cup cooked brown rice

$\frac{1}{2}$ cup chopped cooked beets

3 Tbsp rolled oats

3 Tbsp minced onion

1 large egg white

2 $\frac{1}{2}$ tsp smoked paprika

$\frac{1}{4}$ tsp each salt and black pepper

1 Tbsp olive oil

4 cups salad greens

$\frac{1}{2}$ cup cherry tomato halves

$\frac{1}{2}$ cup chopped cucumber

$\frac{1}{2}$ cup shredded carrots

Serves 4

In a mixing bowl, mash black beans. Add rice, beets, oats, onion, egg white, smoked paprika, salt, and pepper to the beans and fold until all is combined. Form into 2 patties. Heat olive oil in a skillet over medium heat. Add patties to the skillet, cover, and let cook for 5 minutes on each side.

Divide salad greens between two serving dishes and top with an equal amount of the tomatoes, cucumber, and carrots. Serve veggie burger over salad. Drizzle with a low-calorie dressing or vinegar, if desired.

Notes: Combine $\frac{1}{2}$ cup nonfat plain Greek yogurt with 4 tablespoons of pesto sauce for a quick dressing.

Nutrition information per serve:
Carbs 68 g; Protein 16 g; Fat 11 g



406 Cal
per serve

For additional nutritious meal ideas, grab your copy of Better Living from IsaSalesTools.com.au



384 Cal
per serve

BARRAMUNDI WITH ASPARAGUS

Time to prepare: 10 mins

Time to cook: 20 mins

Olive oil spray

2 (170 g) fresh barramundi fillets, about 1-inch thick, skin off

20 spears fresh asparagus, stalks trimmed

½ cup chopped ripe mango

½ cup chopped cucumber

8 cherry tomatoes, halved

1 Tbsp extra-virgin olive oil

1 Tbsp lime juice

2 tsp minced jalapeño

1 tsp minced mint or parsley

1 cup cooked quinoa

Serves 2

Preheat oven to 200°C fan-forced.

Line a baking tray with foil and lightly spray with olive oil. Place barramundi and asparagus on the prepared baking tray, lightly mist with olive oil spray, and season with the salt and pepper.

Bake for 20 minutes, or until barramundi is cooked through and flakes easily with a fork.

Meanwhile, in a mixing bowl, toss together mango, cucumber, cherry tomatoes, olive oil, lime juice, jalapeño, and mint to create a mango salsa.

Serve the baked barramundi and asparagus alongside the mango salsa with a side of cooked quinoa.

Note: Frozen mango can be used in place of fresh—just thaw prior to using.

Nutrition information per serve:

Cals: 384; Carb 41 g; Prot 38 g; Fat 9 g

MY PROGRESS TRACKER

How many in a minute...

	Week 1	Week 4	Week 8	Week 12	Week 16
Sit-ups					
Push-ups					
Burpees					
Squats					

**SET
YOURSELF
UP FOR
SUCCESS!**

**MAKE IT
FUN!**



FACT

66% of adults in NZ are overweight or obese. Australia is not far behind at 63%. Only 43% of Aussie adults meet the 'sufficiently active' threshold in the National Physical Activity Guidelines.*



Enjoy a herbal tea

PLAN AHEAD



ASIAN CHICKEN SALAD

Combine 1 Tbsp hoisin sauce and 1 tsp sesame oil. Toss together with 200 g shredded roast chicken, 1 cup sliced red cabbage, 1 grated carrot, 2 sliced spring onions, 1 sliced small red chilli, chopped coriander, crushed peanuts.

* Australian Institute of Health and Welfare, 2018, 'Australia's Health 2018'. www.aihw.gov.au
Ministry of Health, 2017, 'Guidelines for Weight Management in New Zealand Adults'. www.health.govt.nz



HANDY CHALLENGE RESOURCES

Explore the support page at:
ANZ.IsaBodyChallenge.com
and subscribe to ANZ.IsaFYI.com

Use our social media pages to keep yourself motivated and up to date.



facebook.com/groups/IsaBodyANZ



IsaBodyANZ

Watch videos from IsaBody Challenge Finalists to inspire you at:



Youtube.com/IsagenixANZ

Find answers to FAQs at:
ANZ.IsaBodyChallenge.com/faq.html

Keep in touch with our team, send queries to:
IsaBodyChallengeANZ@IsagenixCorp.com

Get your IsaBody IsaGear at:
IsaSalesTools.com.au

“16 weeks was a long enough time frame to not only get amazing physical results, but it really helped me create a perfect routine I could easily incorporate into my lifestyle.”



**TIP:
POMEGRANATE AND
CLEANSE FOR LIFE**

Enjoy your daily Cleanse warmed, with a hint of pomegranate, which contains omega-5 fatty acids and antioxidants. Muddle 1 tsp of pomegranate seeds and stir with 1 scoop of Cleanse for Life™.



AMY BUSHELL

Isagenix Customer since 2016
2018 Australia IsaBody Challenge Finalist

Conquering Cleanse Days

Use these products to keep you on track

- 1. Cleanse for Life** – a botanical-rich concentrate that gives your body the nutritional support it needs every day, including on Cleanse Days.
- 2. e+** – a healthy energy shot made with naturally sourced caffeine and adaptogens. This unique blend allows for a steady release of energy and will help you feel refreshed, energised and mentally alert.
- 3. IsaDelight™** – delicious chocolates containing green tea extract, amino acids, antioxidants and B vitamins to help keep your cravings at bay. Available in Dark Chocolate, Milk Chocolate and Milk Chocolate with Sea Salt and Caramel flavour.
- 4. Isagenix Snacks™** – bite-sized chocolate or dairy-free wild berry wafers containing protein and chromium to help curb hunger and support healthy blood sugar.

For great examples of Cleanse Day schedules, visit **ANZ.IsaProduct.com** and scroll down to 'System Guides'.



GOAL SETTING TO A NEW YOU



This month I achieved...

GOAL SETTING TO A NEW YOU

My goals for next month are...

CHOCOLATE DELIGHT SHAKE

2 scoops IsaLean™ Shake Creamy Dutch Chocolate

½ frozen banana

1 Tbsp unsweetened cocoa powder

1 Tbsp almond butter

Break up 1 Milk Chocolate IsaDelight™ to top it off!

230 mL coconut milk

Ice

Combine ingredients in IsaBlender, blend and enjoy!

Serves 1



507 Cal
per serve



GEOFF AYLWARD

Isagenix Customer since 2018
2018 New Zealand IsaBody Challenge Finalist

A DAY IN THE LIFE OF GEOFF AYLWARD

5:00am	1 litre of water, e+ and 30 mL Ionix Supreme
5:30am	X-Force weights workout (15-20 minutes) with AMPED Nitro followed by 1-hour cardio with AMPED Hydrate for the first 30 mins and AMPED Recover for the second 30 mins
8:00am	Breakfast - 1 cup oats with dairy-free IsaLean Shake poured over it, AM Pack Complete Essentials with IsaGenesis
10:00am	Snack - cup of coffee
12:00pm	Lunch - quinoa salad with asparagus, garlic shoots, mushrooms, tomato, squash/pumpkin and avocado
5:00pm	Dinner - breakfast bowl of dairy-free IsaLean Shake with almonds, goji berries, banana, kiwifruit and coconut. PM Pack Complete Essentials with IsaGenesis
6:00pm	AMPED Hydrate followed by an ocean swim
7:30pm	1 scoop IsaPro immediately following swim with 1 scoop AMPED Recover
9:30pm	Focused breathing and meditation before bed

This is a general guide only. Speak to your GP or Dietitian about a personalised meal plan.



Why Give Greens a Go

Organic Greens contains precious phytonutrients from plants that are not typically found in supplemental vitamins and minerals. That means your daily vitamin regimen isn't always enough. These superfood elements are essential to our health and wellness, and Greens makes it convenient to get these nutrients every single day.





WHAT NUTRIENTS ARE IN AN ISALEAN™ SHAKE?



8 g Fibre

commonly found in linseed



24 g Protein

commonly found in skim milk, yoghurt and eggs



70 mcg Folate

commonly found in brussels sprouts



3 mg Iron

commonly found in tenderloin steak



2.5 mcg Vitamin D

commonly found in cod fillets



4 mg Zinc

commonly found in baked beans



380 mcg Potassium

commonly found in bananas



24 g Carbohydrate

commonly found in quinoa



200 mg Calcium

commonly found in cottage cheese



54 mcg Iodine

commonly found in seaweed



187.5 mcg Vitamin A

commonly found in red capsicum



80 mg Magnesium

commonly found in spinach

LISA CONYERS

Isagenix Customer since 2013
2018 Australia IsaBody Challenge Finalist



Take a look at how far you have come these last eight weeks. How have you improved since you first started? What are your fitness abilities now? Refer back to Page 16 to see how far you've progressed.

How many in a minute...

	Week 1	Week 4	Week 8
Sit-ups			
Push-ups			
Burpees			
Squats			

I smashed it this month by...

GOAL SETTING TO A NEW YOU

Next month my aim is to...

PLATE PLANNER

Your third meal on a Shake Day should be balanced, like an IsaLean Shake. Ideally, it should contain 400-600 calories and should include protein, complex carbohydrates and a variety of vitamins and minerals.



Portion Size:
Thumb

GOOD FATS

Coconut oil
Olive oil
Avocado
Other cooking oil



Portion Size:
Size of 2 Fists

VEGETABLES

Salad
Cooked coloured vegies (not potatoes)
Vegie soup
Fresh fruit



Portion Size:
Palm of Hand

PROTEIN

Chicken
Beef
Lamb
Fish

Eggs
Dairy
Tofu



Portion Size:
Size of Fist

COMPLEX CARBS

Noodles
Rice
Wholegrain breads
Sweet potatoes
Potatoes



PAULO PELAEZ

Isagenix Customer since 2017

2018 Australia IsaBody Challenge Finalist

WORK IT OUT!

Perform each exercise in order, completing as many reps as you can in 60 seconds. After each move, rest for 15 seconds. After you've completed all five exercises, rest for one minute before repeating the sequence. Aim to do three to four rounds of all five exercises.



1 Jump Squat

- A** Feet shoulder-width apart, hands clasped in front of you. Push hips back, bend knees and lower body until your thighs are parallel to the floor. Hold for three seconds
- B** Explosive jump into the air, landing softly on the balls of feet. Immediately lower into another rep

TOP TIP:

Complete this workout with a friend for extra motivation



2 Half Burpee

- A** Feet shoulder-width apart, squat and explosively jump in the air
- B** Once returned, place hands on the floor in front and kick feet back into a push-up position
- C** Jump feet back to their position and repeat



3 Split Lunges

- A** Start with feet slightly wider than shoulder-width apart, step one foot forward and lower hips, until the back knee is just above the floor
- B** Stand back up, return to the starting position and repeat with the other leg

4 Push-up

- A** Hands slightly wider than shoulder-width apart and extend legs back
- B** Bend elbows and lower chest until just above the floor. Push back to starting position and repeat

A



B



5 Plank Hops

- A** Start with feet together
- B** Hop feet outwards as far as possible while landing soft on toes. Keeping back straight and core tight, jump feet back together and repeat

A



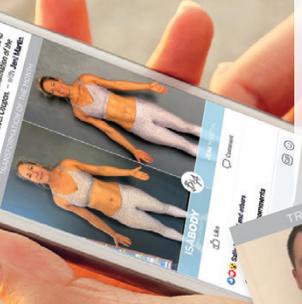
B



For more workouts join our IsaBody Challenge ANZ Facebook Group - facebook.com/groups/IsaBodyANZ

TRANSFORMATION OF THE MONTH

Did you know, by posting progress pictures of your transformation in the IsaBody Challenge Facebook group, you could be selected as our Transformation of the Month? All Transformation of the Month winners receive a shoutout on social media and AU/NZ \$100 Product Coupon!



CHALLENGE RECIPE IDEAS

Light Chicken Parm Dinner

Time to prepare: 20 mins | Time to cook: 25 mins

- 2 170 g boneless, skinless chicken breasts
- 1 Tbsp plus 1 tsp olive oil, divided
- 2 Tbsp grated Parmesan cheese
- ½ tsp Italian seasoning
- 3 cups eggplant, cut into 1/4 inch thick “fries”
- ½ tsp dried oregano
- ¼ tsp each salt and black pepper
- 3 cups broccoli florets, cut into 1/2-inch thick pieces
- Olive Oil Spray
- ¼ cup shredded mozzarella cheese

Classic Tomato Sauce

- 1 Tbsp extra-virgin olive oil
- 1 Tbsp minced fresh garlic
- 400 g crushed tinned tomatoes
- ¼ cup chopped fresh basil

To make the sauce, heat olive oil in a saucepan over medium heat. Add garlic and cook for 2 minutes, stirring frequently. Add crushed tomatoes, basil, salt, and pepper to the pan and bring up to a simmer. Reduce heat to medium-low and let simmer for 20 minutes, stirring occasionally.

Preheat oven to 190°C fan-forced. Line a baking tray with foil, place chicken on top and brush each piece with 1/2 tsp olive oil before topping with equal amount of the Parmesan cheese and Italian seasoning. In a mixing bowl, toss together eggplant, 1 Tbsp olive oil, oregano, salt, and pepper, until evenly coated.

Arrange broccoli and coated eggplant fries in a single layer on the baking sheet beside the chicken. Lightly mist broccoli with olive oil spray. Bake for 20 minutes.

Top each chicken breast with 2 Tbsp tomato sauce and 2 Tbsp mozzarella cheese. Bake for additional 5 minutes, or until cheese is melted and chicken is cooked throughout.

Tip: Make your tomato sauce ahead of time and use it for a variety of meals throughout the week.

Nutrition information per serve:

Carbs 17 g; Protein 52 g; Fat 16 g

Serves 2



420 Cal
per serve

COMPLETE ESSENTIALS WITH ISAGENESIS



COMPLETE ESSENTIALS WITH ISAGENESIS

provides daily nutritional support uniquely designed for men and women.

Each packet of dietary supplements in Complete Essentials with IsaGenesis is scientifically formulated to deliver the daily nutrients your body needs. Each daily dose is conveniently separated into two packs – one for AM and one for PM to maximise absorption.

Your body can only absorb so much of certain nutrients in one dose. Complete Essentials with IsaGenesis is designed to get your body the nutrition it needs throughout the whole day. That's why we made the AM and PM packs so you get the right amount at the right time.

GOAL SETTING TO A NEW YOU

My goals for next month are...



PINK & WHITE DELIGHT

2 scoops IsaLean Shake Strawberry Cream
1 Tbsp desiccated coconut
20 g fresh raspberries
1 cup water
1 cup ice
Serves 1

304 Cal
per serve



ICED COFFEE CONNOISSEUR

2 scoops Creamy French Vanilla or Creamy Dutch Chocolate IsaLean Shake
1 espresso coffee shot (caffeinated or decaffeinated, depending on the time of day!)
½ cup ice
150 ml water
Serves 1

245 Cal
per serve



TOVA FROST

Isagenix Customer since 2014

2018 Australia IsaBody Challenge Finalist

A DAY IN THE LIFE OF TOVA FROST

6:00am	Wake up, get the boys their breakfast, 30 mL Ionix Supreme and a piccolo
7:00am	Pre-workout – AMPED Nitro and e+. Do daily affirmations whilst getting ready for the gym, so I'm in a positive mindset. Get the kids organised
8:00am	Training session at the gym
9:00am	Post-workout – IsaLean PRO Shake with Isagenix Greens, AMPED Recover and AM Pack Complete Essentials with IsaGenesis
9:30am	Breakfast – overnight oats ready to eat in-between clients (I work in my home hairdressing salon)
10:30am	Mid-morning snack – fruit
1:00pm	Finish work in the salon. Lunch – a chicken salad wrap, or an omelette with vegetables, or left-over dinner from the night before which is usually meat and vegetables
2:00pm	Housework and errands
3:00pm	Connecting with cleansers and product users, follow-up appointments, catching up on our health page. I will either have another IsaLean Shake or an IsaLean Bar to get me through till dinner
4:00pm	Pick up the boys and spend quality time with them
5:00pm	Dinner – usually meat and salad or vegetables
6:00pm	Get kids bathed and ready for bed, have some quality family time
7:00pm	Zoom calls, social media posts, cup of tea with a Salted Caramel IsaDelight
9:00pm	Bed time

This is a general guide only. Speak to your GP or Dietitian about a personalised meal plan.

IT DOESN'T
GET EASIER,
YOU JUST GET
STRONGER.

SHAYLEE SCOTT

Isagenix Customer since 2016
2018 Australia IsaBody Challenge Finalist



Take a look at how far you have come these last 16 weeks. How have you improved since you first started? What are your fitness abilities now? Refer back to Page 40 to see much you've improved.

How many in a minute...

	Week 1	Week 4	Week 8	Week 12	Week 16
Sit-ups					
Push-ups					
Burpees					
Squats					

CONGRATULATIONS



YOU HAVE SUCCESSFULLY COMPLETED THE 16-WEEK ISABODY CHALLENGE!

Now is your chance to reflect on the past 16 weeks; what were your pivotal moments? How do they contribute to your amazing results?

Speaking of amazing results... Don't forget to upload your 'after' photos via the IsaLife™ app or the 'Contests and Promotions' tab in your Back Office.

I HAVE:

- Ordered products to the value of 500 BV or more during the 16-week Challenge period
- Submitted my four 'after' photos
- Submitted my end weight
- Submitted my T-shirt size

If submitting for Finalist judging:

- Submitted my 250-500 word essay with a cover page
- Submitted my 'maintenance' photos if required



I feel...



I have achieved...

I am on the path to...

I am going to get there by...

Have you signed up for your next Challenge yet? #StartCompleteRepeat

FAQs

When does the IsaBody Challenge start and end?

Registration for the IsaBody Challenge is always open. The Challenge runs for 16 weeks, so your start date will be the day you register. The date that you upload your 'after' photos will determine the judging period you qualify for.

While the Challenge runs for 16 weeks, if you opt in for Finalist Judging you may require additional materials after the 16 weeks to complete your Challenge.

To view the IsaBody Challenge Judging Period Timeline, please visit ANZ.IsaBodyChallenge.com and view 'Your Complete Guide to The IsaBody Challenge'.

Why do I need a timestamp in my photos?

The timestamp verifies the date you start your Challenge. If you have a smartphone, there are several free apps you can use to timestamp your photo such as TimeStampit. If you are unable to submit your 'before' photos on the day they are taken, you may backdate your Challenge Start Date up to two weeks.

Are body measurements or a fat analysis requirements of the Challenge?

You may choose to use these as personal progress trackers and include them with your essay to support your story, however they are not mandatory.

What are 'lifestyle' photos?

'Lifestyle' photos are optional extra photos that support your story. They may include:

- Additional 'before' or 'after' photos
- Active lifestyle photos
- Photos from before you joined Isagenix
- Family photos
- Photos to better show your IsaBody journey

Where can I find important information like competition rules?

Head to ANZ.IsaBodyChallenge.com to find information including Official Rules, Support Tools and prizes.

What are 'maintenance' photos and why do I need them?

Participants who complete their Challenge three or more weeks prior to the Judging Round End Date and who would like to submit their Challenge for judging, must submit four final 'maintenance' photos that comply with all photo guidelines. These photos verify that you have maintained your Challenge results. If you are not submitting for judging, 'maintenance' photos are not required.

I am not progressing as planned. Should I resign my Challenge?

We strongly encourage you to keep going! The IsaBody Challenge rewards everyone who makes the 16-week commitment. Three rounds per year means three opportunities to set new goals and be rewarded, so you could earn up to \$600 in Product Coupons! Remember that after you complete one Challenge, you can start another to reach new goals.

Don't forget, you can submit 'lifestyle' photos to show how far you have come since starting with Isagenix!

I can't upload my photos and/or essay. What should I do?

Ensure the image is a jpeg file under 1MB in size. For information on resizing your photos, go to 'IsaBody Challenge' in your Back Office and click 'photo resizing tutorial' on the left panel.

If you continue to experience problems, email IsaBodyChallengeANZ@IsagenixCorp.com with your enquiry and Member ID.

Include the following information in your email:

- 'After' photos
- Essay together with cover page in a single word document or PDF file
- End weight
- T-shirt size

I need help writing my essay. What do I do?

Go to 'Support' at ANZ.IsaBodyChallenge.com and view 'The Winning Essay' flyer for helpful tips. Remember to focus on the impact the Challenge has had on you both physically and emotionally. Don't forget, you only need to submit an essay if you would like to be judged.

I have sent an email to IsaBodyChallengeANZ@IsagenixCorp.com and am waiting to hear back. What do I do now?

Ensure you are a member of the IsaBody Challenge ANZ Facebook group to keep informed of all IsaBody updates and be able to ask questions.

Our IsaBody ANZ Team strives to respond to all queries within five business days however during busy periods it may take longer.

I have other questions not answered here. What should I do?

Contact Customer Care Monday - Friday 8:00am - 6:00pm (Sydney time) on (AU) 1300 651 979 or (NZ) 0800 451 291.

Learn more about starting your Challenge today!
Visit our official website: [ANZ.IsaBodyChallenge.com](https://www.ANZ.IsaBodyChallenge.com)



@IsaBodyANZ



@IsagenixANZ



**START.
COMPLETE.
REPEAT.**

ISAGENIX

4520_LANZ_en_IsaBodyChallenge Planner 2020_19.02.20