

ISAGENIX



16-WEEK JOURNAL
ISABODY
CHALLENGE®

TRANSFORM YOUR BODY. TRANSFORM YOUR LIFE.

ISABODY CHALLENGE: THE PATH TO COMPLETION



Jennifer Riveira
2019 U.S. ISABODY
CHALLENGE® GRAND
PRIZE WINNER



1 BEFORE PHOTOS: THE FINAL LOOK AT THE OLD YOU

Snap four full-body photos of you standing up (at least one with proof of start date). Upload within two weeks of your start date.



2 500 BV: USE THE PRODUCTS

You must purchase and use a minimum of 500 BV in Isagenix products throughout your 16-week Challenge period.



3 AFTER PHOTOS: SHOW OFF THE NEW YOU

Snap four full-body photos of you standing up (at least one with proof of end date). Upload within two weeks of your end date.

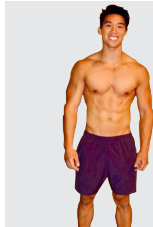


4 INSPIRATIONAL ESSAY: TELL US YOUR STORY

Write a 250-to-500-word essay sharing your journey. Submit your essay with your after photos.

5 MAINTENANCE: PHOTOS AND WEIGH-INS

If you complete the Challenge three weeks or more prior to the Judging Period deadline, you must submit four final full-body maintenance photos (at least one with proof of date).





LET'S GET STARTED

Start Date:

End Date:

The final due date for my photos is:

(For your deadlines, visit the IsaBody Challenge® page in your Back Office.)

What is my “why,” or the reason(s) I joined the IsaBody Challenge?

What are my goals for this IsaBody Challenge?

Steps I will take to achieve my goals during the next 16 weeks:

MEASUREMENTS WEEK 1

Waist

Arms

Thighs

Hips

Weight



EMPTY THE PANTRY

Get rid of soft drinks,
candy, sugary cereals,
chips, high-fat snacks,
and empty-calorie foods.

CHALLENGE **GOALS**

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

MAKE TODAY SO AWESOME YESTERDAY GETS JEALOUS

CHALLENGE GOAL GUIDELINES:

- Goals should be time-bound, measurable, and attainable.
- Keep in mind, your goals may continue to develop throughout your Challenge.

HOW MANY IN A MINUTE ...

TRACK YOUR PROGRESS					
	Week 1	Week 4	Week 8	Week 12	Week 16
Situps					
Pushups					
Burpees					
Squats					

You should consult your physician or other healthcare professional before starting this or any other fitness program to determine if it is right for you. Do not start this fitness program if your physician or healthcare provider advises against it. If you experience faintness, dizziness, pain, or shortness of breath at any time while exercising, you should stop immediately and seek appropriate medical care, if needed.

RISE AND
SHINE, IT'S
WORKOUT
TIME




Eric Chen
2019 U.S. ISABODY CHALLENGE®
RUNNER-UP

Week 1

Check off the boxes as you complete each week!

Think about where you are now. How do you feel? What inspired you to join the Challenge? What is your “why”? Discovering your why, or purpose, is important. A well-developed why can help you break through unexpected obstacles and guide you in time prioritization.

MY WHY:



Week 2

5

Check off the boxes as you complete each week!

How was your first week? Did you come across any setbacks, and if so, were you able to overcome them? What did you do right during your first week? How will you improve during your second week? Share your thoughts here.

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

HANDY CHALLENGE RESOURCES

Explore the **Support** page at IsaBodyChallenge.com, and check out IsaFYI.com/IsaBody for success stories, information, and more.



Become a part of the IsaBody™ community by joining the IsaBody Facebook group at Facebook.com/Groups/IsaBC.



Check out the IsaBody Instagram page at Instagram.com/IsaBody.

For any questions or comments, reach out to the IsaBody Customer Care team at IsaBodyChallenge@IsagenixCorp.com.

Catch IsaBody Fitness every Wednesday on **Facebook Live** for exercises and workouts from Jill and Scott Knight, personal trainers to the Coovers! You can check out past workout videos on Facebook.com/Isagenix/Videos.



MOCHA MIX SHAKE RECIPE

1 packet Natural Chocolate
IsaLean™ PRO Shake
1 cup Isagenix Coffee
1 packet stevia
8 fl oz water
Desired amount
of ice

Blend in your
IsaBlender™ and
enjoy! Top it off
with some
whipped coconut milk
and cinnamon.

SHARE YOUR PROGRESS WITH THE ISABODY™ FACEBOOK GROUP

Facebook.com/Groups/IsaBC



*"Isagenix gives me confidence
to really see who I am and
what I deserve."*

— JUSTIN WHELAN
2018 NORTH AMERICA
ISABODY CHALLENGE® FINALIST



In your first week, you developed your “why.” Now, think about where you want to be at the end of your 16-week Challenge. How will you look? How will you feel? Challenge yourself to develop a powerful vision for your future using your why. This is the spark that ignites the passion to achieve your dreams. Imagine all the possibilities when you focus on your purpose.

MY VISION:

This image shows a single sheet of white paper with horizontal blue lines, resembling notebook paper. The lines are evenly spaced and run across the width of the page. On the left side, there is a faint, vertical shadow or crease, suggesting the paper might be part of a bound volume or has been folded. The overall appearance is clean and minimalist.

FUN PARTNER EXERCISES TO DO!

Fact

EXERCISE BOOSTS BRAINPOWER

It is clear that those who are active are much more productive at work.

Source: WebMD.com



Recipe

MUST-HAVE MANGO SHAKE

1 mango (chopped), ½ cup Greek yogurt, ½ tsp turmeric, 1 scoop Vanilla IsaPro™, ½ cup ice, ½ cup coconut water

Blend all ingredients in your IsaBlender™ until smooth and creamy. **Enjoy!**

TIP

Invest in a heart rate monitor so that when you're working out, you know you're going hard enough to burn fat. The typical fat-burning zone is 60-70% percent of your maximum heart rate.

Fact

SLEEP AND PERFORMANCE

Optimal performance and body composition depend on how long and how well you sleep. So, don't miss out on those zzz's!



Recipe

PEANUT BUTTER PROTEIN BALLS

BY CLAIR J.

½ cup rolled oats, 1 scoop Creamy French Vanilla IsaLean™ Shake, ½ cup peanut butter, ¼ cup brown rice syrup, water

Mix all ingredients, and add water as needed. Roll into balls, and **enjoy!**

Going to the gym is great, but if it's not for you, that's OK! You can still keep an exercise log to note any of your physical activity, whether it's walking the dog, going for a hike, playing a sport, or pushing your three bouncing kids in a shopping cart at the store. Whatever it is, record it, and see how much your energy and fitness grow during your Challenge. Share your activities on social media using the hashtag #IsaBody. Social motivation is one more positive influence to push you toward your goals.

Week 4 ☐ Check off the boxes as you complete each week!

You are approaching the end of your first month. What kind of progress have you experienced in your Challenge so far? Optional: Take some progress photos to see how far you've come in your first four weeks!

MY PROGRESS:



Start your day with
Ionix Supreme

FACT: Ionix® Supreme is designed to buffer the body against the effects of stress.[†]

†This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



**SMILE!
TAKE A
PROGRESS
PHOTO.**



THIS MONTH, **I ACHIEVED ...**

SWEAT
SMILE
REPEAT

MY GOALS FOR NEXT MONTH

[illegible]

Week 5

☐ Check off the boxes as you complete each week!

With the first month behind you, reflect on how much better you feel compared to when you started the IsaBody Challenge®. What are the biggest differences compared to Day 1, and how do you want to build on them moving forward? Share your thoughts below.

NOTES:

Week 6 ☐ Check off the boxes as you complete each week!

What are some of your favorite healthy habits going into Week 6? What do you like about them, and how have they changed your daily life so far? Share your thoughts below.

HEALTHY HABITS:

Boost your workout with
e+™!

FACT: Each energy shot packs a powerful boost with scientifically supported botanicals and naturally sourced caffeine to help you feel focused and revitalized.†

†This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.





IS GENIX

A DAY IN THE LIFE OF CHRISTINE MANUKYAN

2018 NORTH AMERICA ISABODY CHALLENGE® FINALIST

4:30 A.M.	Wake up and start the day with 1 ounce of chilled Ionix® Supreme mixed with one drop of Isagenix Peppermint Essential Oil. Take two Natural Accelerator™ capsules with 10 ounces of water mixed with a few drops of Isagenix Lemon Essential Oil.
4:45 A.M.	Check on the kids, and head to the gym. Have e+™ while driving, and sip on one scoop of AMPED™ Nitro mixed with one scoop of AMPED Power. Call and talk to my mom on the way.
5:15 A.M.	Start workout while sipping on Juicy Orange AMPED Hydrate and listening to my team training calls and motivational podcasts, like Chris Harder's "For the Love of Money" and Carol Elizabeth's "So Much More."
7 A.M.	Leave the gym, and head to work. Call my husband and kiddos, and wish them a good day at school.
7:30 A.M.	Get ready to rock my busy day at work, and fill up my 32-ounce water bottle. Start drinking water to reach my goal of finishing four water bottles during my shift.*
10 A.M.	Second meal of the day: S'mores Flavor IsaLean™ Bar with French press Organic Isagenix Coffee.
12:30 P.M.	Third meal of the day: 10 ounces of chicken or turkey breast, green veggies, and brown rice or quinoa. (Wednesdays are Cleanse Days — join others for #CleanseDayWednesday.)
4 P.M.	Leave work, and use the time stuck in Los Angeles traffic to call my mom and my Isagenix teammates.
5:30 P.M.	Pick the kids up from school, and head home. Prepare and eat dinner, and rush to the kids' after-school activities.
7:30 P.M.	Return home, help the kids shower, and check on their schoolwork. Finish washing dishes from dinner, and pack the kids' lunches for the next day along with my lunch.
8:30 P.M.	Once the kids are in bed, spend some time on social media sharing my day and supporting others by commenting on their posts. Have a phone call with those interested in Isagenix, and follow up with those I have already introduced to the opportunity.
9:15 P.M.	Fifth meal of the day: the Bedtime Belly Buster followed by my P.M. pack of Complete Essentials™ With IsaGenesis™. If it's Thursday, watch "Grey's Anatomy."
9:30 P.M.	Use one or two sprays of Sleep Support & Renewal™ and Isagenix Lavender Essential Oil to help me get a good night's sleep and recover from a long, busy day.

**Water intake should not exceed any particular person's needs.*



RECIPE

BERRY BLISS SHAKE

2 scoops Strawberry Cream
IsaLean™ Shake

1/2 stick or 1 scoop Juicy
Orange AMPED™ Hydrate

1/2 medium banana

8 fl oz water

Desired amount of ice

*Blend in the IsaBlender™
and ENJOY!*



Week 7



Check off the boxes as you complete each week!

Don't let your workout routine become stale. Try some new movements this week. Whether it's a different exercise or a new running route, change it up! Check out **[Facebook.com/Isagenix/Videos](https://www.facebook.com/Isagenix/Videos)** for new workout ideas every week from IsaBody™ Fitness.

NEW WORKOUT IDEAS:

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Week 8 ☐ Check off the boxes as you complete each week!

You're approaching the halfway mark! With all the incredible changes that have happened in the last two months, just imagine what more is to come. Your hard work is paying off, and it's only about to get better. Use the space below to write about your favorite moments so far in the IsaBody Challenge®.

MY FAVORITE ISABODY™ MOMENTS:

[illegible]



REMEMBER WHY YOU STARTED

*"Trust the process,
whatever your
goal is."*

— RANDIE PETERS
2017 NORTH
AMERICA ISABODY
CHALLENGE® FINALIST

Kathy and Randie Peters
2015 AND 2017 NORTH AMERICA
ISABODY CHALLENGE FINALISTS



Orlando Rios
2019 U.S. ISABODY
CHALLENGE® FINALIST

CHECK-IN

Take a look at how far you have come these last 12 weeks. How have you improved since you first started? What are your fitness abilities now? Refer back to Page 7 to see much you have grown.

TRACK YOUR PROGRESS. HOW MANY IN A MINUTE ...			
	Week 1	Week 8	Week 12
Situps			
Pushups			
Burpees			
Squats			

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STRIVE FOR PROGRESS
NOT PERFECTION

MY GOALS FOR NEXT MONTH

[illegible]



SAGENIX®

Whey Thins™
Satisfy Cravings to Support Healthy Weight Loss
SAVORY, PROTEIN-PACKED SNACK

WHITE CHEDDAR

10 g PROTEIN

10 PACKS x 0.9 OZ (25 g) • NET WT. 8.8 OZ (250 g)



RECIPE

WHEY THINS CRUSTED CHICKEN

3-4 chicken breasts

4 bags Whey Thins™, crushed

1 cup flour

2 eggs

2 tbsp milk of choice

Desired amount of salt and pepper

Mix salt, pepper, and flour in a bowl. Whisk together eggs and milk in a separate bowl. Dredge chicken breasts in flour mixture. Dip chicken in egg mixture and coat evenly. Dredge chicken in crushed Whey Thins. Bake chicken at 350 F for 35-40 minutes or until cooked.



Week 9

Check off the boxes as you complete each week!

What are some of your new favorite meals and recipes from Isagenix? Write about how they work into your daily diet and how healthy, nutritious food makes you feel. Compare how you feel today to how you may have felt before the Challenge.

NOTES:

[illegible]

Week 10

Check off the boxes as you complete each week!

After 10 weeks of the IsaBody Challenge®, you've likely faced obstacles and difficulties along the way. Write about some of those challenges and how you overcame them throughout the week.

CHALLENGES I'VE OVERCOME:

[illegible]

VICTORY BUBBLES



Take a moment to celebrate your triumphs during the IsaBody Challenge®! They can be anything from weight lost to fitness goals achieved or even just a week of healthier eating. Use the biggest bubble to write your favorite accomplishment, and work from there.

Place lifestyle
photo of your
choice here.

Place lifestyle
photo of your
choice here.

Place lifestyle
photo of your
choice here.

Place lifestyle
photo of your
choice here.

Place lifestyle
photo of your
choice here.

LIFESTYLE PHOTOS

Document your Challenge with lifestyle photos to better share your IsaBody™ story.

- Additional before and after photos
- Active lifestyle photos
- Photos from before you started your IsaBody Challenge®
- Family photos
- Any other photos you want to include!

IT DOESN'T
GET EASIER
**YOU JUST GET
STRONGER**



Pat Wedge
2019 U.S. ISABODY
CHALLENGE® FINALIST

**EVERY DAY
IS A NEW
START. ONE
SETBACK
WILL NOT
DEFINE ME.**

TIP FOR SUCCESS

Don't compare yourself to others. Compare yourself to the person you were yesterday.

Barbara Lingle
2019 U.S. ISABODY
CHALLENGE® FINALIST

HOW I AM STRONGER:

DELICIOUS MINTED WHISKY ICE TEA

MINTED WHISKY

With Cholesterol, with Salt & Caramelized Banana

Dark Chocolate

Dark Chocolate with M&M's Peanut

DELICIOUS MINTED ICE TEA

ISAGENIX

Cholesterol is not present in this product or the other IsaDelight products

Contains no artificial sweeteners or preservatives

NET WT. 16.9 FL. OZ. (480g)

200g (7.05 oz.) per serving

FAC-NEE 100-000000

Week 12

Check off the boxes as you complete each week!

Do you see that? It's the light at the end of the tunnel! You've already accomplished so much, but don't take your foot off the gas just yet. Write about what you have left to accomplish and how you plan to power through.

NOTES:

NOTES:



SMILE!
TAKE A
PROGRESS
PHOTO.

GET OUT AND MOVE!

Recipe

LEMON BERRY SHAKE

2 scoops Strawberry Cream IsaLean™ Shake, 1 cube frozen lemon juice, 1 scoop Lemon Lime AMPED™ Hydrate, ½ cup frozen berries, 8 fl oz water

Blend all ingredients in your IsaBlender™ until smooth and creamy. **Enjoy!**



Tip

If you win the morning, you win the day. Start each morning with a quick round of pushups and/or situps right out of bed.



Fact

SLEEP AND PERFORMANCE

Your body uses sleep to recover, which improves performance the next day.

[BreakingMuscle.com/Mobility-Recovery/7-Essential-Elements-Of-Rest-And-Recovery](https://www.breakingmuscle.com/mobility-recovery/7-essential-elements-of-rest-and-recovery)

Recipe

CINNAMON TOAST CRUNCH SHAKE

2 scoops or 1 packet Natural Vanilla IsaLean PRO Shake, ½ banana, 1 tsp cinnamon, 1 tbsp peanut butter, 8 fl oz water

Blend all ingredients in your IsaBlender until smooth and creamy. **Enjoy!**

Fact

EXERCISE BOOSTS BRAINPOWER

Just 30 minutes of exercise each day can greatly improve focus and brain function.

[NCBI.NLM.NIH.gov/PMC/Articles/PMC1470658](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1470658)



Hans Heymans
2018 NORTH AMERICA
ISABODY CHALLENGE® FINALIST

CHECK-IN

Take a look at how far you have come these last 12 weeks. How have you improved since you first started? What are your fitness abilities now?

Refer back to Page 26 to see how much you have grown.

TRACK YOUR PROGRESS. HOW MANY IN A MINUTE ...			
	Week 1	Week 8	Week 12
Situps			
Pushups			
Burpees			
Squats			

You should consult your physician or other healthcare professional before starting this or any other fitness program to determine if it is right for you. Do not start this fitness program if your physician or healthcare provider advises against it. If you experience faintness, dizziness, pain, or shortness of breath at any time while exercising, you should stop immediately and seek appropriate medical care, if needed.

WORK
HARD
DREAM
BIG

MY GOALS FOR NEXT MONTH

[illegible]

Week 13

Check off the boxes as you complete each week!

Maybe you dream of becoming the next IsaBody Challenge® Grand Prize Winner, or maybe you're just excited for the new you. Write about some of the first things you want to do after you complete your IsaBody Challenge.

LIFE AFTER MY CHALLENGE:

This image shows a single sheet of white paper with horizontal blue lines, resembling notebook paper. The lines are evenly spaced and run across the width of the page. On the right side, there is a faint, light-colored shadow or outline of a hand holding the edge of the paper, suggesting it might be part of a bound volume or being held by someone. The overall appearance is clean and minimalist.



Jim and Lori King

2017 NORTH AMERICA ISABODY CHALLENGE® RUNNER-UP &
2019 U.S. ISABODY CHALLENGE FINALIST

RECIPE

COOL CLEANSE SORBET

Recipe by Kathy L.

1 scoop Natural Rich Berry
Cleanse for Life™ powder
1/2 scoop Isagenix Fruits
3 fl oz water
4 oz crushed ice

*Blend in IsaBlender™ until
consistency reaches that of a
creamy sorbet. Enjoy.*



Week 14

☐ Check off the boxes as you complete each week!

Who are some of the people who have helped you along your IsaBody™ journey? Write about the people in your life who were there for you when you needed them most and what they contributed to your success. Recognize these people through social media, a letter, or a phone call.

PEOPLE WHO CONTRIBUTED TO MY SUCCESS:

[illegible]



A DAY IN THE LIFE OF MARK OSTROWSKI

2018 NORTH AMERICA ISABODY CHALLENGE® GRAND PRIZE WINNER

5:30 A.M.	Rise and shine. Feed the dog and cat, and head out to take the pup on a short walk. Think about morning gratitudes, and set a positive mindset for the day.
6 A.M.	Communicate and check in with the kids, and then head out for a fasted cardio workout.
6:30 A.M.	Take my A.M. pack of Complete Essentials™ With IsaGenesis™ and one Natural Accelerator™ capsule, followed by one scoop of Ionix® Supreme and an IsaLean™ PRO Shake with Immune Shake Booster and Heart Shake Booster.
7 A.M.	Enjoy a hot cup of Isagenix Coffee while chatting with my wife, Jennifer.
7:30 A.M.	Start connecting with my team on social media while riding the train into the city for work.
8 A.M.	Begin the workday, drinking water consistently throughout the day to reach at least 1 gallon of water.*
10 A.M.	Midmorning snack: egg whites, mixed vegetables, pico de gallo, and avocado.
12:30 P.M.	Lunch: IsaPro™ with Isagenix Greens™ and ground cinnamon.
3 P.M.	Midafternoon snack: spinach and leafy greens with 4-6 ounces of grilled chicken breast or tuna; topped with spicy horseradish mustard.
5 P.M.	Head home for the day, using the train ride to connect with my team on social media.
5:45 P.M.	Take my P.M. pack of Complete Essentials With IsaGenesis and one IsaFlush®/IsaComfort® capsule. Prepare dinner: 4-6 ounces of grilled fish, chicken, or steak; two cups of leafy green salad with pico de gallo; two cups of mixed fruit; and two cups of steamed, roasted, or grilled vegetables. After dinner, go on another short walk with the pup.
6:30 P.M.	Take AMPED™ Nitro and AMPED NOx, and then head to the gym with Jennifer. Complete a workout consisting of resistance training and high-intensity interval training cardio, concentrating on being better than yesterday.
8 P.M.	Finish up our workout, and have one scoop of IsaPro mixed with AMPED Recover. Return home for team calls, business opportunity building, and three-way calls.
9:30 P.M.	Drink the Bedtime Belly Buster plus AMPED Hydrate.
10 P.M.	Get ready for bed by saying prayers and gratitudes and talking with Jennifer.
10:30 P.M.	Turn out the lights, and get a good night's sleep.

**Water intake should not exceed any particular person's needs.*

RECIPE

PLANT-BASED CHOCOLATE ICE CREAM

2 frozen bananas

1/2 packet Rich Chocolate
IsaLean™ Shake Plant-Based

1/4 cup unsweetened cashew or
almond milk

1 tbsp unsweetened cocoa powder

Add bananas, IsaLean Shake Plant-Based, cashew or almond milk, and cocoa powder to your IsaBlender™, and blend for 1-2 minutes.

Place mixture in freezer for 1 hour. Enjoy!



Week 15

Check off the boxes as you complete each week!

You're so close to completing the IsaBody Challenge®! What are some short-term goals you have for yourself during these final two weeks? Write about them below.

SHORT-TERM GOALS:

This image shows a single page of white paper with horizontal blue lines, resembling notebook paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

YOU'RE ALMOST THERE ... ONLY ONE WEEK TO GO!

Check off the boxes as you complete each week!

It's the homestretch! This is the end of the IsaBody Challenge® and the beginning of a healthy, happy lifestyle. During the final days of the Challenge, reflect on the last 16 weeks, and write down some of your favorite memories.

MY FAVORITE MEMORIES:





MEASUREMENTS WEEK 16

Waist

Arms

Thighs

Hips

Weight




CHALLENGE COMPLETED!

Take a look in the mirror at the new you! Whether you lost fat, built muscle, or just developed a healthier lifestyle, you are an IsaBody Challenge® inspiration.


The journey doesn't stop here. This is just the beginning of your Isagenix lifestyle, where you can explore weight wellness, energy, performance, healthy aging, and wealth creation as new solutions.

Work toward additional goals by completing another IsaBody Challenge. It's easy to restart and complete another one! Register in your Back Office using your after photos as your new before photos!





Place your after
picture here.



Place a second
after photo of
your choice here.

HANG ON TO THIS JOURNAL

It's full of incredible thoughts, memories,
and goals that can help you during your
next IsaBody Challenge®!



START.
COMPLETE.
REPEAT.

REGISTER IN YOUR BACK OFFICE TODAY!
ISABODYCHALLENGE.COM