

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

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](https://www.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



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.



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



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

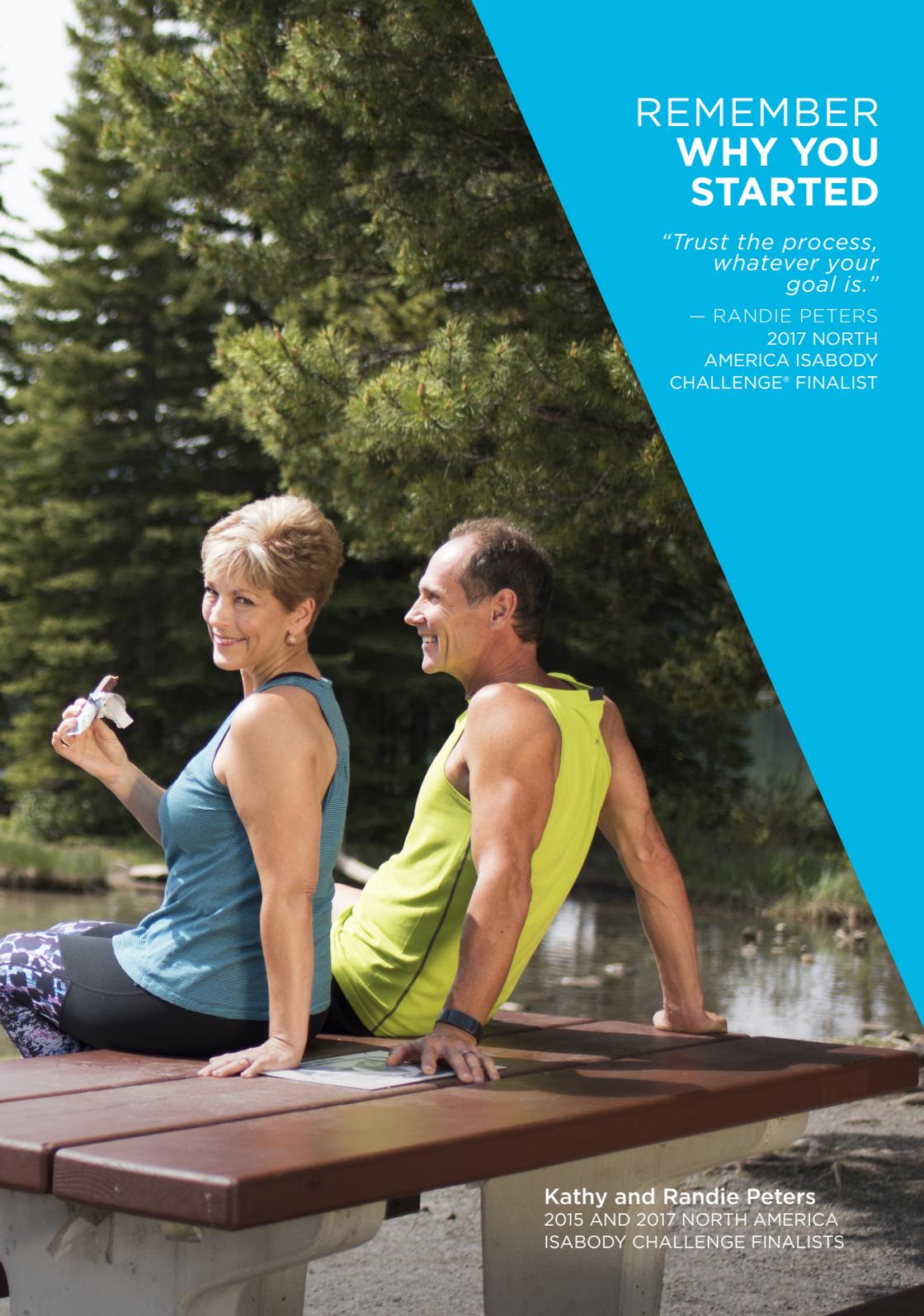
1/2 medium banana

8 fl oz water

Desired amount of ice

*Blend in the IsaBlender™
and ENJOY!*





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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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. 8.9 OZ (253 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.



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.

1

2

3

4

5

6

7

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.

A full-page photograph of a woman, Barbara Lingle, performing a yoga tree pose (Vrikshasana) on a grassy lawn. She is wearing a black sports bra and black leggings. Her hands are pressed together in a prayer position above her head, and her right leg is lifted and balanced on her left foot. The background shows a blurred residential street with trees and houses under bright, natural light. A large, light blue triangular graphic element is positioned on the left side of the page, partially overlapping the text and the woman's image.

Barbara Lingle
2019 U.S. ISABODY
CHALLENGE® FINALIST

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.



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.*





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!





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