ISABODY CHALLENGE: THE PATH TO COMPLETION

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 IsaBody Challenge® period.

3 Progress Photos:
Show us how far you’ve come
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. Upon completion of your Challenge, you’ll be opted in to our judging process to be considered as an IsaBody® Finalist or Honorable Mention. If you do not want to be included, visit your Back Office to opt out of the judging process.

4 Inspirational Essay:
Tell us your story
If you’d like the chance to become an IsaBody Finalist, you must submit a 250-to-500-word essay. When submitting your progress photos, you have the option to opt out of this consideration process.

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) to be considered as an IsaBody Finalist or Honorable Mention.

Jennifer Riveira
2019 U.S. ISABODY CHALLENGE GRAND PRIZE WINNER
LET’S GET STARTED

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

<table>
<thead>
<tr>
<th>MEASUREMENTS WEEK 1</th>
</tr>
</thead>
<tbody>
<tr>
<td>Waist</td>
</tr>
<tr>
<td>Arms</td>
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<tr>
<td>Thighs</td>
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<tr>
<td>Hips</td>
</tr>
<tr>
<td>Weight</td>
</tr>
</tbody>
</table>

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?

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

CHALLENGE GOALS

1. 
2. 
3. 
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7. 
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9. 
10. 

Place your before picture here.

Place your after picture here.
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 ...

<table>
<thead>
<tr>
<th>TRACK YOUR PROGRESS</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
<tr>
<td>Week 1</td>
</tr>
<tr>
<td>Situps</td>
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<tr>
<td>Pushups</td>
</tr>
<tr>
<td>Burpees</td>
</tr>
<tr>
<td>Squats</td>
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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
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:**

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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.
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 Jil 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
Week 3

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:

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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.

**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!

**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!

**Fact**

**EXERCISE BOOSTS BRAINPOWER**

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

Source: WebMD.com

**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!

**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.
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:

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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.
THIS MONTH, I ACHIEVED ...
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:

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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:

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*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.
## A DAY IN THE LIFE OF CHRISTINE MANUKYAN
### 2018 NORTH AMERICA ISABODY CHALLENGE® FINALIST

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>4:30 A.M.</td>
<td>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.</td>
</tr>
<tr>
<td>4:45 A.M.</td>
<td>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.</td>
</tr>
<tr>
<td>5:15 A.M.</td>
<td>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.”</td>
</tr>
<tr>
<td>7 A.M.</td>
<td>Leave the gym, and head to work. Call my husband and kiddos, and wish them a good day at school.</td>
</tr>
<tr>
<td>7:30 A.M.</td>
<td>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.*</td>
</tr>
<tr>
<td>12:30 P.M.</td>
<td>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.)</td>
</tr>
<tr>
<td>4 P.M.</td>
<td>Leave work, and use the time stuck in Los Angeles traffic to call my mom and my Isagenix teammates.</td>
</tr>
<tr>
<td>5:30 P.M.</td>
<td>Pick the kids up from school, and head home. Prepare and eat dinner, and rush to the kids’ after-school activities.</td>
</tr>
<tr>
<td>7:30 P.M.</td>
<td>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.</td>
</tr>
<tr>
<td>8:30 P.M.</td>
<td>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.</td>
</tr>
<tr>
<td>9:15 P.M.</td>
<td>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.”</td>
</tr>
<tr>
<td>9:30 P.M.</td>
<td>Use one or two sprays of Sleep Support &amp; Renewal™ and Isagenix Lavender Essential Oil to help me get a good night’s sleep and recover from a long, busy day.</td>
</tr>
</tbody>
</table>

*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!
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 for new workout ideas every week from IsaBody™ Fitness.

NEW WORKOUT IDEAS:
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:

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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
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.

<table>
<thead>
<tr>
<th>Track Your Progress. How Many In A Minute ...</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 1</td>
</tr>
<tr>
<td>Situps</td>
</tr>
<tr>
<td>Pushups</td>
</tr>
<tr>
<td>Burpees</td>
</tr>
<tr>
<td>Squats</td>
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</tbody>
</table>

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.
STRIVE FOR PROGRESS NOT PERFECTION

MY GOALS FOR NEXT MONTH

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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:
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:

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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.
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
Week 11

We’re all human, and you’ve likely experienced a few setbacks along the way. However, it’s how we respond to those setbacks that makes us IsaBody Challenge® champions! Take note of the setbacks you experience this week and how they make you stronger.

HOW I AM STRONGER:

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FACT: IsaDelight™ chocolates are the perfect guilt-free snack during Cleanse Days.
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.

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SMILE! TAKE A PROGRESS PHOTO.
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.

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
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

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
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 ...

<table>
<thead>
<tr>
<th></th>
<th>Week 1</th>
<th>Week 8</th>
<th>Week 12</th>
</tr>
</thead>
<tbody>
<tr>
<td>Situps</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Pushups</td>
<td></td>
<td></td>
<td></td>
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WORK HARD
DREAM BIG

MY GOALS FOR NEXT MONTH

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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:
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:

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# A Day In The Life of Mark Ostrowski

2018 North America Isabody Challenge® Grand Prize Winner

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity and Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>5:30 A.M.</td>
<td>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.</td>
</tr>
<tr>
<td>6 A.M.</td>
<td>Communicate and check in with the kids, and then head out for a fasted cardio workout.</td>
</tr>
<tr>
<td>6:30 A.M.</td>
<td>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.</td>
</tr>
<tr>
<td>7 A.M.</td>
<td>Enjoy a hot cup of Isagenix Coffee while chatting with my wife, Jennifer.</td>
</tr>
<tr>
<td>7:30 A.M.</td>
<td>Start connecting with my team on social media while riding the train into the city for work.</td>
</tr>
<tr>
<td>8 A.M.</td>
<td>Begin the workday, drinking water consistently throughout the day to reach at least 1 gallon of water.*</td>
</tr>
<tr>
<td>10 A.M.</td>
<td>Midmorning snack: egg whites, mixed vegetables, pico de gallo, and avocado.</td>
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<tr>
<td>12:30 P.M.</td>
<td>Lunch: IsaPro™ with Isagenix Greens™ and ground cinnamon.</td>
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<tr>
<td>3 P.M.</td>
<td>Midafternoon snack: spinach and leafy greens with 4-6 ounces of grilled chicken breast or tuna; topped with spicy horseradish mustard.</td>
</tr>
<tr>
<td>5 P.M.</td>
<td>Head home for the day, using the train ride to connect with my team on social media.</td>
</tr>
<tr>
<td>5:45 P.M.</td>
<td>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.</td>
</tr>
<tr>
<td>6:30 P.M.</td>
<td>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.</td>
</tr>
<tr>
<td>8 P.M.</td>
<td>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.</td>
</tr>
<tr>
<td>9:30 P.M.</td>
<td>Drink the Bedtime Belly Buster plus AMPED Hydrate.</td>
</tr>
<tr>
<td>10 P.M.</td>
<td>Get ready for bed by saying prayers and gratitudes and talking with Jennifer.</td>
</tr>
<tr>
<td>10:30 P.M.</td>
<td>Turn out the lights, and get a good night’s sleep.</td>
</tr>
</tbody>
</table>

*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!
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:

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YOU’RE ALMOST THERE ... ONLY ONE WEEK TO GO!
Week 16

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

<table>
<thead>
<tr>
<th>Measurement</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Waist</td>
<td>45</td>
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<tr>
<td>Arms</td>
<td>45</td>
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<tr>
<td>Thighs</td>
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</tr>
<tr>
<td>Hips</td>
<td></td>
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<tr>
<td>Weight</td>
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</tr>
</tbody>
</table>
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 the IsaLife™ app or your Back Office using your progress 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.
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