

My 30-Day Success Prep Checklist

Go through the instruction webpage
Check things off here as you complete them

In the next 24 hours

- Start to decrease coffee, tea, pop and alcohol by 1/2 cup tomorrow. Continue tapering off 1/2 a cup a day until you are at **zero** servings for two days with no withdrawal symptoms - then you are ready!
- Start to increase your drinking of filtered water by 1/2 a cup tomorrow. Each day increase by 1/2 cup until you reach 8 cups a day.

Prepare for your program (40 - 60 minutes)

- Read the Program Guide
- Take your measurements
- Take your photos
- Register for the Isabody Challenge accountability program
- Prepare for cooking your meals.
- Prepare to exercise
- Learn how to manage your orders
- Get oriented for your first day by watching “How to do a shake day”

When your package arrives (30 minutes)

- Create a quiet time to enjoy unpacking your products. The next 30 days is going to be a life transforming experience! Be sure to allow yourself the time and space to savour how special this is.
- Listen to the audio CD and take a look through the literature
- Slide your completed measurement tracker sheet into the guide
- Do not start the program until you have had your *Pre-Program Call*

Your Pre-Program Call (30 minutes)

- Have your program guide and your computer handy for this call
- Have a sharpie pen (or other permanent marker)
- We will go through all your products, how to use them, and review your first Shake Day. I will give you pointers to achieve your greatest success!