



Metabolic Reset Lose 1 Pound Per Day Be Healthy Challenge

WHO? Anyone who is stuck and can't lose weight or whose health is being affected by their weight and other programs have failed them.

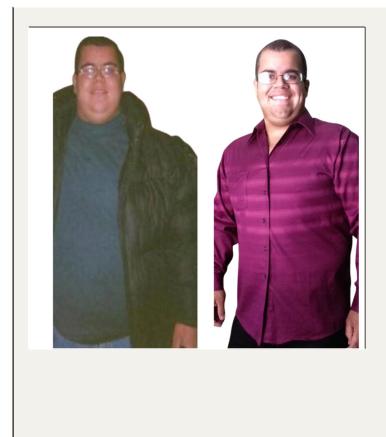
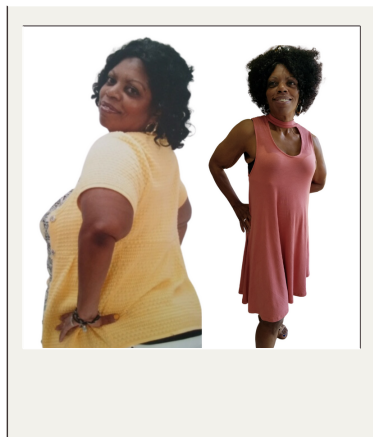
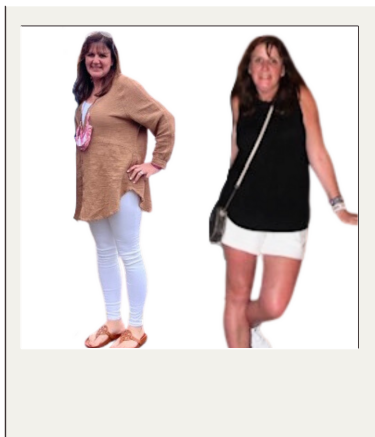
WHEN? Anytime! Start when you're ready and on your terms.

WHERE? A virtual DIY at your own pace

COST? Free tools and online support are available via social media. Just purchase Natural Whey Protein and download the checklist at LynFit.com.

*To lose one pound per day you will need to order two (2) Natural Whey Protein Powders.

I invite you to take the LynFit Nutrition® Metabolic Reset Challenge. Every change starts by taking the first step. **STOP** waiting and doing one small change every day for the next 21 days. Focus on replacing the not-so-healthy with healthier ones. It's easier than you think and that one small step can lead to significant weight loss and improved whole-body health! **GO ALL IN**, fully commit to making one small change for 21 days, do your best, and leave the rest, focus on progress, not perfection. I'm here to help; all you have to do is ask.



START DATE: _____

STARTING WEIGHT: _____

GOAL: Check the boxes below that are your top priority and watch them improve every day by choosing one small change (or more if you're super-motivated) from the list below. Goal-oriented healthy changes always lead to MEGA HEALTH IMPROVEMENTS!

Lose Weight

Reduce Cholesterol

Reduce Inflammation

Improve Energy

Reduce Blood Sugar

Protect Brain Health

Improve Gut Health

Add Lean Muscle Tissue

Attitude Adjustment

Reduce PMS/Menopause Symptoms

Improve Flexibility

Other _____

CHOOSE from the list of the 21 healthiest habits below. Aim to do as many as you can, combining them along the way, until they ARE YOUR NEW HEALTHY HABITS. For the best results, ask your spouse, other family members, and friends to join in. We ARE stronger together!

1. Replace breakfast with a LynFit Natural Whey Protein Shake instead
2. Swap out fruits for vegetables instead
3. Drink your coffee black
4. Sit less, walk more
5. Drink 8 cups of warm water with lemon every day
6. Make your dinner a big delicious leafy green salad
7. Fast overnight for 14 hours
8. Avoid snacking in-between meals
9. Have a LynFit Natural Whey Protein Shake for dessert instead of your usual
10. Make it a dry day/week and skip the alcohol
11. Eat white fish instead of chicken or other meat
12. Take LynFit Pure Omega 3 instead of Tylenol or Advil
13. Break up with sugar
14. Eat 10 cups of leafy green veggies from the approved food list
15. Have a Metabolic Parfait for lunch instead of your usual
16. Don't eat out -- make all your meals
17. Think positive thoughts and start by counting your blessings
18. Walk after every meal
19. Skip over-the-counter sleep aids and swap out for Lean Sleep instead
20. Choose to lift weights with a friend vs. going out for calorie and sugar-laden coffees
21. Take a nap or drink tea before you decide to stress eat (need support - LynFit 5-HTP Lean can help)