

# SEE IT. FEEL IT. TRACK IT.



## TRACKER

DAY 0      DAY 10      DAY 20      DAY 30

On a scale of 1-10, how are you feeling? 10 is your BEST self. Write your number in the circle below.

ENERGY	○	○	○	○
DIGESTION	○	○	○	○
MOOD	○	○	○	○
SKIN	○	○	○	○
SLEEP	○	○	○	○

Let's track your physical transformation - no judgement, here! Write your numbers below.

WEIGHT	□	□	□	□
MID-UPPER-ARM	□	□	□	□
WAIST-BELLY BUTTON	□	□	□	□
HIPS	□	□	□	□
MID-THIGH	□	□	□	□

On a scale of 1-10, how satisfied are you with your consumption of the following? 10 = most satisfied, 1 = least satisfied.

WATER	○	○	○	○
SUGAR	○	○	○	○
CAFFEINE	○	○	○	○
PLANT-BASED FOODS	○	○	○	○

# CHECKLIST

- Join Purium's Lifestyle Transformation Facebook Group.
- Sign Up for Smart Order with either another Ultimate Lifestyle Transformation or Daily Core 4.
- Take & save "Before" selfie, and full body photo and join our contest.
- Join Owner Dave Sandoval's Support FB Live and get your questions answered.
- Take & save "After" photo & share your experience in the Facebook group and contest.

## GET SUPPORT

Scan the QR codes to learn more.

Video A  
GET FAMILIAR WITH THE PRODUCTS VIDEO



LIFESTYLE TRANSFORMATION DIGITAL GUIDE



SUCCESS STORIES



WATCH THE FLEX FOODS VIDEO



LIFESTYLE TRANSFORMATION SUPPORT



JOIN THE CONTEST



## LIVE IT!

### 3 & THEN FREE\* WITH SMART ORDER

It takes 90 days to create a habit and we are here to help!

**Step 1:** Activate and maintain your Smart Order for 3 months (login to ishoppurium.com and click "Smart Order" tab).

**Step 2:** For 3 consecutive months, order a) this pack, b) another pack that contains Biome Medic or c) Biome Medic 60 ct.

**Step 3:** Get 1 FREE\* Biome Medic 60 ct. capsules in the 4th month (up to \$45 value, via 3500 Rewards points).