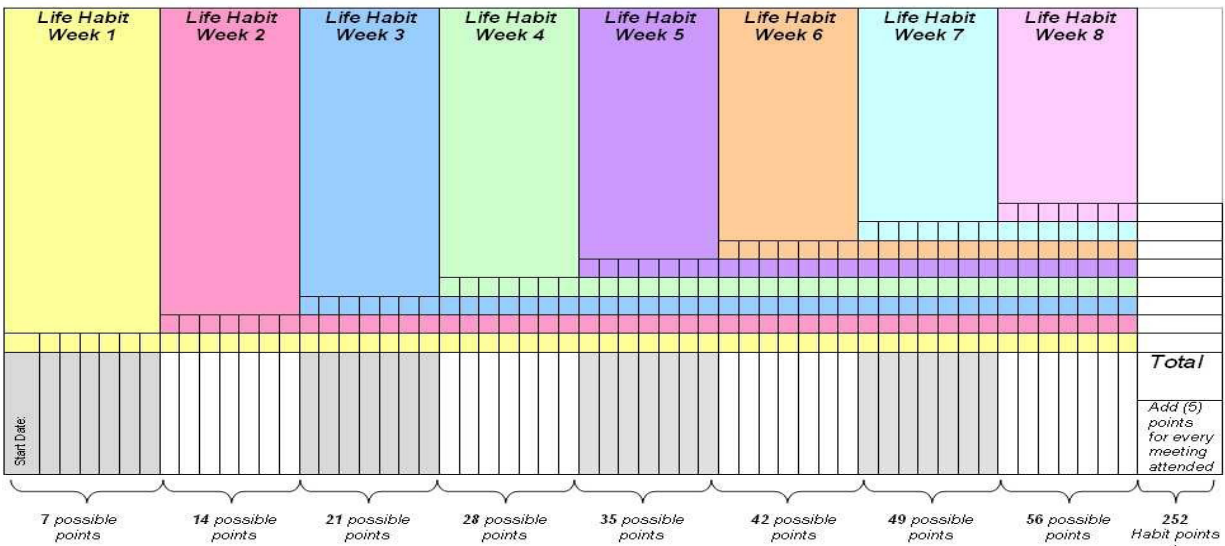




# Commit2Fit

-by Jennifer Blundell and Jenny Donnelly

The Commit2fit program is designed to gently educate you on lifelong nutritional habits. For 8 weeks you will practice habits that will help you to lose weight, gain energy and improve your health. You will be confident maintaining your results & in your food choices throughout the day



**Commit2Fit** **80%** **222** points

- Advocare Product Regimen.**
  - 4 boxes MNS max3
  - 4 boxes Meal Replacement Shakes
  - 1 canister of Spark
  - 5 boxes of bars
  - Retail \$516.30 Wholesale \$387.23

**2. Life Habits** You will be assigned one “Life Habit” to incorporate each week. Week by week, you will be adding a new Life Habit until all eight habits are in place! You will keep track of your habits on the point chart above to track your progress and note your strengths and weaknesses. At the end of the eight weeks if you have gotten **222 points** (80% of the total possible points) that mean success!

### Life Habit: Week 1 of 8

- Drink at least 96 ounces of pure water
- Consistency on your Advocare Regimen

**WATER:** Water you waiting for? Water will help you to flush toxins more effectively out of your body. If you feel headachy or nauseas then drink more water...the metabolic nutrition system is absorbing into your cells and cleaning them out! The waste that is cleaned out must leave through your bloodstream and the more water the better!

Water Increases metabolism naturally and the more water you drink the less water you retain. (that yucky puffy look!) ( it seems like a lot of water – but your body will adjust to it! Remember your bladder is a muscle...)

Carbonated water is okay as long as it has NO ADDED SODIUM – If you see sodium stay away! I recommend flavoring water with lemon, lime, cucumber, lemonade slam or mint leaves.

**CONSISTENCY:** It takes approximately 21 days to create a new habit or break a bad one! You would never go without brushing your teeth because you have created a habit....a healthy lifestyle is also a series of little habits.

It is proven that it will take up to 90 days to retrain your fat producing enzymes in your body. You will start to lose weight and inches right away, but the consistent action of taking your **Metabolic Nutrition System** will help you to reduce cravings, be full faster, not store calories as fat and use adipose tissue (fat cells) for energy.

**MNS: Metabolic Nutrition System:** First packet immediately when you wake up. Second and third packet with your morning shake no more than 30 minutes later. Last packet 30 minutes prior to lunch. If you forget, take it prior to dinner, however it is most effective before lunch.

**Meal replacement shake:** Have for breakfast. You must have breakfast within one hour of waking up to effectively get your body into “fat burning mode” You will feel more in control of food choices throughout the day and feel satisfied, focused and energized.

**Nutrition Bar:** Have for your meal in-between breakfast and lunch.

**Spark:** Take whenever you need focus, energy or a mild help with appetite to get you to the next meal. You may have it cold or hot like tea. Spark does not mix well in ice cold water – mix first and then add ice.

**GET YOUR POINT FOR THE DAY BY:**  
**DRINKING A MINIMUM OF 96OZ OF WATER AND TAKING ALL PARTS OF YOUR ADVOCARE REGIMEN THROUGHT THE DAY AT THE CORRECT TIMES**

