

# ANZ 30-DAY CHALLENGE

## CLEANSE DAY TRACKER

### 10 Cleanse Credits Per Cleanse Day

With nutritional support from **Cleanse for Life™**, **Ionix® Supreme**, and 10 credits to spend during a Cleanse Day, you can choose between these amazing products to curb cravings, nourish your body, and support a better overall experience.

Track your Cleanse Credits progress in the graph below!

#### 0 CREDITS

- Coffee (black)
- Black, green, or herbal tea
- Water, still or sparkling

#### 2 CREDITS

- Isagenix Snacks™ (2 wafers)
- Organic Greens
- e+™
- Collagen Bone Broth
- IsaDelight™ Chocolates

#### 1 CREDIT

- BĒA™ Sparkling Energising Drink
- AMPED™ Hydrate

#### 3 CREDITS

- Harvest Thins™
- Whey Thins™

**Monthly Cleanse Day Tracker** Check one box for each credit consumed during a Cleanse Day.

#### CLEANSE DAY 1



#### CLEANSE DAY 3



#### CLEANSE DAY 2



#### CLEANSE DAY 4



Values are determined through a proprietary Isagenix System and are not linked to values in other food-scoring systems. While most healthy adults can consume up to 400 milligrams of caffeine per day, you should monitor your caffeine intake on Cleanse Days and consider your personal tolerance when choosing caffeinated snack options.