

"12 in 24 Plan" Program Guidelines & Suggestions

Congratulations! You have taken a GREAT step forwards on your path to a healthier, happy you! Our "12 in 24 Plan" has been designed to create the easiest *protocol* to follow, to create **compliance** to a simple set of daily steps that will lead to losing unwanted body fat and shedding excess inches from areas of your body that have traditionally been tough to access and burn off. The goal of our "12 in 24 Plan" is to assist you with your decision to embrace a better lifestyle.

Lose 12 lbs. or 12" or any combination thereof, within 24 days. Simply drink 3 delicious functional beverages that are strategically designed to aid your body in the EXACT DAILY ORDER, as follows:



- ✓ Between **7am-9am**, drink one (1) Valentus® Prevail **SlimROAST** first thing in the morning, **15-30 minutes before** your breakfast. Avoid adding traditional dairy or sugar, ideally. If desired, substitute with Almond or Coconut Milk, and sweeten with Stevia, Xylitol or Guava extract.
- ✓ Mix one (1) packet's contents thoroughly into 1 cup (250mL) of hot water and mix thoroughly.
- ✓ Alternatively, iced coffee can be prepared with 1 cup (250mL) of cold water mix over ice cubes.
- ✓ If there is any sensitivity to the naturally occurring caffeine, simply dose down starting with $\frac{1}{3}$ to $\frac{1}{2}$ of a packet for the first 6 days (week 1), and gradually increase your dosage in the following week(s) until fully acclimated.



- ✓ Between **1pm-5pm**, drink one (1) Valentus® Prevail **TRIM** in the afternoon, **30-60 minutes before** your supper.
- ✓ Mix 1 packet's contents thoroughly into 2 cups (500mL) of water and mix thoroughly.
- ✓ Drink entire contents within 15 minutes of dissolving crystals for maximum benefit.
- ✓ If there is any sensitivity to the natural ingredients, simply dose down starting with $\frac{1}{3}$ to $\frac{1}{2}$ of a packet for the first 6 days (week 1), and gradually increase your dosage in the following week(s) until fully acclimated.



- ✓ Between **8pm-10pm**, drink one (1) Valentus® Prevail **IMMUNE**, **15-30 minutes before** you retire (go to sleep).
- ✓ Mix 1 packet's contents thoroughly into 2 cups (500mL) of water and mix thoroughly.
- ✓ Drink entire contents within 15 minutes of dissolving crystals for maximum benefit.
- ✓ If there is any sensitivity to the natural ingredients, simply dose down starting with $\frac{1}{3}$ to $\frac{1}{2}$ of a packet for the first 6 days (week 1), and gradually increase your dosage in the following week(s) until fully acclimated.

6 days a week, take the 7th day off! Repeat for 4 weeks. That's it, just 24 days!

- Record your **starting weight** and your **starting measurements** (see reverse), and record these every day at the exact same time of day.
- Take a few photographs of your **starting body**, in your favorite clothing (swimsuit, shorts, dress etc.) to serve as motivation. Take photos from a straight on angle and from the side. Keep the photo location consistent to serve as a visual reference. For your personal record only
- Drink **8 to 12 glasses** of water per day, as these products create *thermogenesis*. This is the process of accessing stored fat, converting it to a body-friendly fuel and metabolized in the body. A by-product when burning fat is *heat* therefore it's critical that you drink enough water.
- Exterior skeleton fat's primary role in the body is to store toxins. When you metabolize fat cells, toxins are released back into your blood stream for elimination through the bladder/colon. Potential side effects include nausea, diarrhea, mood swings and increase perspiration.

Date	Day #	Weight	Daily Loss	Chest	Upper Arm - Left	Upper Arm - Right	Abdomen	Waist (natural)	Buttocks	Upper Thigh - Left	Upper Thigh - Right	Knee - Left	Knee - Right	Calf - Left	Calf - Right	Total Inches	Daily Loss
	Day 1																
	Day 2																
	Day 3																
	Day 4																
	Day 5																
	Day 6																
	OFF																
	Day 7																
	Day 8																
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	OFF																
	Day 19																
	Day 20																
	Day 21																
	Day 22																
	Day 23																
	Day 24																
	OFF																

Total Body Weight Lost:



Total Body Inches Lost: