

# **THE GUIDE**

# WELCOME

Welcome to the 21 Day Trial Challenge. Your coaches have put together an amazing challenge for you & cannot wait to see you transform. The purpose of this challenge is to create accountability, consistency, & results all while having fun. Please use this document as a guide to assist you throughout the challenge.

We are very excited for you! Herbalife products have been helping people for over 35 years in over 90 countries around the world. Our mission is to make an impact in our community and each success story puts us one step closer. We look forward to working with you on your wellness goals and making the next success story YOURS!

Herbalife is the most successful weight management company in the world. The secret to our success lies not just in our fabulous nutrition products, but also in the fact that each customer receives personalized coaching from their very own Wellness Coach – that’s us!

Below you will find a few photos to get you started on this challenge – please take the time to review each of them as they will help set you up for success.



# THE CHALLENGE

## DOWNLOAD TELEGRAM



### *& SETUP YOUR TELEGRAM PROFILE*

the challenge community will  
be located inside the app:  
telegram

4 days before the challenge  
start, the challenge will go  
live. your coach will send you  
your link.

## DOWNLOAD ZOOM



### *& SETUP YOUR ZOOM PROFILE*

the celebration & payout call  
will be hosted through the  
app: zoom

Be sure to have this set up  
prior to the celebration.



# The first steps **start here**

This guide is here to help you on your healthy weight loss journey. Keep in mind that it's about learning lifelong habits, not just finding a quick fix. Here's a look at the steps you'll be following.



Before Pictures & Weigh – In video Due Date:  
Monday, DAY 1 - before noon

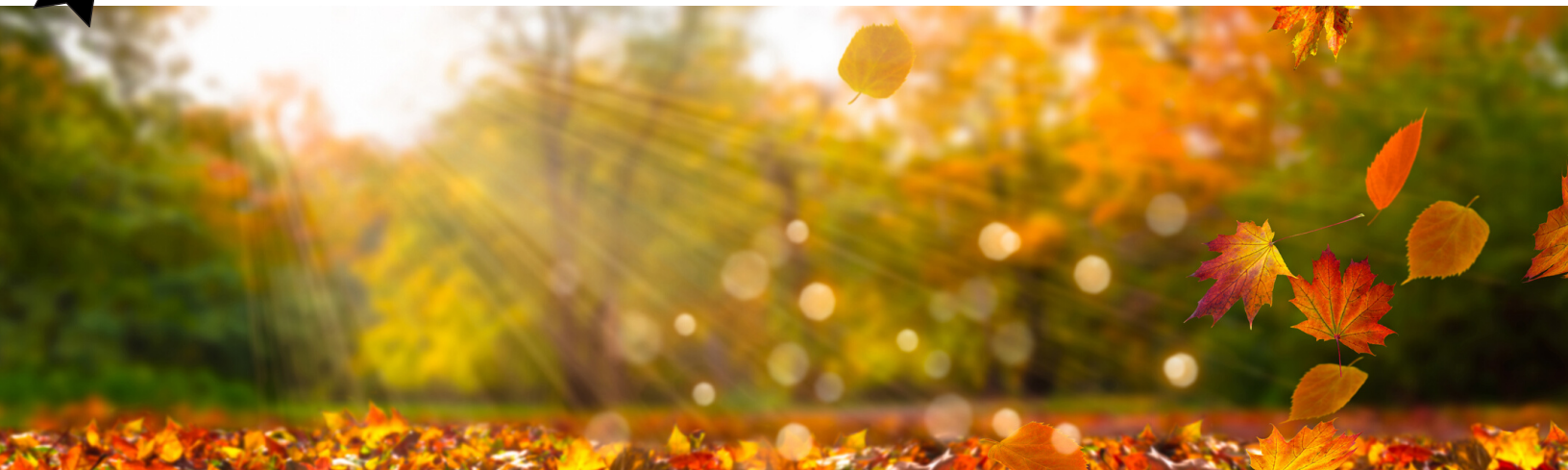
After pictures & Weigh – Out Video Due Date:  
Monday, DAY 22 - before noon

**DATES**

# ★ CELEBRATE ★

★ Mark your Calendar for our 21 Day Challenge Celebration Night. At the end of the 21 days we will celebrate all your hard work and announce the winners of the challenge!! We'll see you there! CALL INFORMATION will be posted in the telegram Challenge Chat prior to Day 22 !

**Tuesday, DAY 22 of the Challenge**  
**7:15PM central / 8:15PM eastern**



# BEFORE & AFTER

Please review the below 4 photos for examples of how to take your Before & After Photos. We know this is the most vulnerable part of the challenge but it's WORTH IT! You will be so proud when the after picture is next to your before photo. \*Pictures will not be posted publicly – unless permission is given from challenge participant\*

All pictures should include:

- Challenge Note: Your name, date, & code word handwritten on a piece of paper or white board
- Great lighting, solid plain background
- Clothing
  - tightly-fitted, comfortable clothing
  - wear the same clothing in both photos
  - do not feel obligated to
  - wear bathing suits/sports bras



this must be your Weigh-In Video



# CHECKLIST

Breakfast & Lunch Shakes with Total Control / Herbal Tea Concentrate

2 Healthy Snacks

Healthy Colorful Meal

Water Goal

Followed-Up in the Group Chat

# YOUR GUIDES

The below guides are located below the 21 Day Challenge Guide in the telegram chat. New to Telegram? No problem. Take time to learn your new tool for our healthy community.

All GUIDES have been uploaded together for easy to access viewing. All GUIDES can also be found by selecting the telegram chat icon, then shared media & Doc.'s. Reach out to your coach for further assistance.

## THE MEAL GUIDE

Includes:

How to Make Your Shake

Shake Recipes

Snack Ideas

Meal Recipes

## THE FITNESS GUIDE

Includes:

Getting started tips

Fitness tips

21 Day Fitness Guide

