

you deserve...

A BETTER ME IN 2023 CHALLENGE

INSTRUCTIONS:

Circle the month you are filling out, and fill in the days in the top left hand corner. You'll want a new calendar for each challenge month.



DO: Record your daily active minutes. Your active time can be anything from zumba, to running, to playing tennis or walking!



EAT: What you eat is a key to reaching your health goals. Choose the dietary regimen that best fits your goals and lifestyle and stick to it. Rate yourself from 1 (did poorly) to 10 (strictly followed) on how you did each day in following your dietary plan. Put the number in the box each day. Hold yourself accountable daily.



TAKE: List the Liv supplements as you take them each day. Adjust as needed.

Fill in name and Business Associate ID number on bottom.

Turn in copy/picture of completed calendars with completion form and pictures at the end of the challenge the week of April 30, 2023 to CS@livinternational.com or text 801-764-0000

MONTH (CIRCLE ONE):

JANUARY/FEBRUARY/MARCH/APRIL



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
_____ DO: ACTIVE MINUTES EAT (1-10) TAKE: LIV SUPPLEMENTS _____ _____ _____	_____ DO: ACTIVE MINUTES EAT (1-10) TAKE: LIV SUPPLEMENTS _____ _____ _____	_____ DO: ACTIVE MINUTES EAT (1-10) TAKE: LIV SUPPLEMENTS _____ _____ _____	_____ DO: ACTIVE MINUTES EAT (1-10) TAKE: LIV SUPPLEMENTS _____ _____ _____	_____ DO: ACTIVE MINUTES EAT (1-10) TAKE: LIV SUPPLEMENTS _____ _____ _____	_____ DO: ACTIVE MINUTES EAT (1-10) TAKE: LIV SUPPLEMENTS _____ _____ _____	_____ DO: ACTIVE MINUTES EAT (1-10) TAKE: LIV SUPPLEMENTS _____ _____ _____
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NAME: _____

DISTR. ID# _____