

GETTING STARTED

Take a Before Picture. You want to know how much better you look after completing the NuChallenge, don't you? Have someone take two quick shots of you; one straight on and one from the side. Wear a swimsuit if possible and be sure to stand against a clear background in a well-lit room so your image is clear.

"Like" us on Facebook. This is one of the largest support elements of the NuChallenge. We will send you fitness ideas, shake recipes, inspirational testimonials of other Challengers, and more. Get connected now. Facebook.com/NuChallenge

Add support calls to your calendar. Studies show that people lose more weight when they do it in groups. Tap into a NuChallenge Support Call so you can connect with others who are on the Challenge. You are NOT alone. Add these calls (listed to your right) to your calendar and set reminders for yourself right now.

Record your current measurements. Use the box to your right to record where you've started.

Set your ultimate goal weight. If you could flip a switch and weigh a certain amount, what would it be?

Ultimate Goal Weight: _____

Calculate your daily calorie limit. Visit NuChallenge.com/DailyCalorieLimit to calculate your daily calorie limit for the 90 day challenge period.

Maximum Daily Calorie Intake: _____

Download a calorie counter. To ensure that you're staying on track to meet your goals, it's a good idea to track what you're eating each day. An easy way to do that is through a mobile app. Follow the directions in the box to the right.

Now, make yourself a shake! You've finished prepping for the NuChallenge and it's time to hit the ground running. Don't wait to start tomorrow. Check out page 7 for recipes you can use to make your first shake. Your taste buds... and your waistline... will be delighted you did!

Your Current Measurements:

Weight: _____

Waist measurement: _____

Dress size (women): _____

NuChallenge Support:

Monday at 12PM EST
Thursday at 9PM EST

Dial:
212.990.8000
Enter Pin: 5888#



www.nuchallenge.com

Calorie Counter App

The easiest way to track your calories is through a phone app. You just enter what you've eaten and it keeps a running tally for you. There are a bunch out there, but our favorite free app is Lose It.

Download it now!

If you don't have a smart phone, you can track it on loseit.com.

