

2025

Body Balance Challenge

Daily Checklist



Track your progress to stay consistent in reaching your wellness goals.

**Goal: Take Slenderix™
before each meal.**

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28		

**Goal: Take Xceler8™
two times per day.**

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28		

**Goal: Drink eight
glasses of water.**

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28		

**Goal: Eat from the
Approved Foods List.**

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28		

**Goal: Get eight
(minimum of six) hours
of sleep per night.**

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28		

**Goal: Move 20-30
minutes per day.**

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28		

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Body Balance Challenge

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Daily Checklist

Goal:
Drink eight
glasses of water.



DAY 01		DAY 08	
DAY 02		DAY 09	
DAY 03		DAY 10	
DAY 04		DAY 11	
DAY 05		DAY 12	
DAY 06		DAY 13	
DAY 07		DAY 14	
DAY 15		DAY 22	
DAY 16		DAY 23	
DAY 17		DAY 24	
DAY 18		DAY 25	
DAY 19		DAY 26	
DAY 20		DAY 27	
DAY 21		DAY 28	

Goal:
Get eight
(minimum of six)
hours of sleep
per night.



DAY 01		DAY 08		DAY 15		DAY 22	
DAY 02		DAY 09		DAY 16		DAY 23	
DAY 03		DAY 10		DAY 17		DAY 24	
DAY 04		DAY 11		DAY 18		DAY 25	
DAY 05		DAY 12		DAY 19		DAY 26	
DAY 06		DAY 13		DAY 20		DAY 27	
DAY 07		DAY 14		DAY 21		DAY 28	



2025 Body Balance Challenge

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Daily Checklist



Goal:
Take Slenderiix™
before each meal.



Goal:
Take Xceler8™
two times per day.

- BREAKFAST
- LUNCH
- DINNER

DAY 01				DAY 15			
DAY 02				DAY 16			
DAY 03				DAY 17			
DAY 04				DAY 18			
DAY 05				DAY 19			
DAY 06				DAY 20			
DAY 07				DAY 21			
DAY 08				DAY 22			
DAY 09				DAY 23			
DAY 10				DAY 24			
DAY 11				DAY 25			
DAY 12				DAY 26			
DAY 13				DAY 27			
DAY 14				DAY 28			

DAY 01			DAY 15		
DAY 02			DAY 16		
DAY 03			DAY 17		
DAY 04			DAY 18		
DAY 05			DAY 19		
DAY 06			DAY 20		
DAY 07			DAY 21		
DAY 08			DAY 22		
DAY 09			DAY 23		
DAY 10			DAY 24		
DAY 11			DAY 25		
DAY 12			DAY 26		
DAY 13			DAY 27		
DAY 14			DAY 28		



2025 Body Balance Challenge

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Daily Checklist

Goal:

Eat from the
Approved Foods List.

DAY 01				DAY 15			
DAY 02				DAY 16			
DAY 03				DAY 17			
DAY 04				DAY 18			
DAY 05				DAY 19			
DAY 06				DAY 20			
DAY 07				DAY 21			
DAY 08				DAY 22			
DAY 09				DAY 23			
DAY 10				DAY 24			
DAY 11				DAY 25			
DAY 12				DAY 26			
DAY 13				DAY 27			
DAY 14				DAY 28			



BREAKFAST



LUNCH



DINNER



2025 Body Balance Challenge

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Daily Checklist



Goal:

Move 20-30 minutes per day.

DAY 01		DAY 08		DAY 15		DAY 22	
DAY 02		DAY 09		DAY 16		DAY 23	
DAY 03		DAY 10		DAY 17		DAY 24	
DAY 04		DAY 11		DAY 18		DAY 25	
DAY 05		DAY 12		DAY 19		DAY 26	
DAY 06		DAY 13		DAY 20		DAY 27	
DAY 07		DAY 14		DAY 21		DAY 28	

