

Customize Your 30-Day System

CREATE A PROGRAM BASED ON YOUR UNIQUE LIFESTYLE.

The 30-Day Cleansing and Fat Burning System is a flexible 30-day program that can easily be customized to fit your lifestyle and long-term health goals. Day 1 can start any day of the week. Just remember to include **4 or more Cleanse Days** total during the month; the rest are Shake Days. Remember to have at least two Shake Days before your Cleanse Days and follow the Shake and Cleanse Day guidelines (on page 5). If you schedule more than 4 Cleanse Days, you will need to purchase additional Cleanse for Life® and Isagenix Snacks!™.

Use the calendar below to create your custom, 30-Day experience.

26 x S=Shake Days 4 x C=Cleanse Days

To be sure you don't run out of product by next month, order no later than day 20 or enroll in the Autoship Rewards program.

Please note: When customizing your 30-Day System experience, the Shake and Cleanse Day Guidelines must still be followed (page 5).

Back-to-back Cleanse Days are defined by John Anderson as "Deep Cleanse Days."



Two More Effective Options

The Isagenix 30-Day System is scientifically designed to help you achieve your health goals. Many people have found success in achieving their goals by customizing the 30-Day System to fit their lifestyle and individual needs. Here are two examples of customized calendars that have worked for others:

Option One

S Day 1	S Day 2	S Day 3	S Day 4	S Day 5	S Day 6	C Day 7
S Day 8	S Day 9	S Day 10	S Day 11	S Day 12	S Day 13	C Day 14
S Day 15	S Day 16	S Day 17	S Day 18	S Day 19	S Day 20	C Day 21
S Day 22	S Day 23	S Day 24	S Day 25	S Day 26	S Day 27	C Day 28
S Day 29	S Day 30					

This popular calendar is used by those who want to schedule their Cleanse Days evenly throughout the month.

Option Two

S Day 1	S Day 2	C Day 3	C Day 4	S Day 5	S Day 6	S Day 7
S Day 8	S Day 9	C Day 10	C Day 11	S Day 12	S Day 13	S Day 14
S Day 15	S Day 16	C Day 17	C Day 18	S Day 19	S Day 20	S Day 21
S Day 22	S Day 23	S Day 24	S Day 25	S Day 26	S Day 27	S Day 28
S Day 29	S Day 30					

For those interested in a more aggressive weight-loss plan, this option is ideal. Note: if you choose this option, you will need to purchase more Isagenix products.