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slim · lose · maintain

System Guide

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*Serving Measurements, Essential Foods Glossary, Weekly Journal,
Daily Food Planner*





Congratulations

You've committed to take control of your weight, and you've chosen the right system to guide you. SLMsmart focuses on three system components: Essential Foods, high-quality products, and exercise. As you read through this System Guide, you will become familiar with each component and how it relates to your success with SLMsmart.

Today is the beginning of your success story – a story that will change your life and impact the lives of those around you. We encourage you to set specific goals, share them with family and friends, and associate with people who will motivate and inspire you. Not long from now, others will begin to notice your transformation. We encourage you to share what you're doing with others and invite them to join you.

Your level of commitment to the SLMsmart system will dictate your success. SLMsmart promotes healthy weight loss and following these guidelines can help you lose up to 10-15% of your body weight within the first 90 days.

Each SLMsmart product has been formulated with carefully-selected ingredients designed to help you effectively manage your weight. These powerful products, combined with Essential Foods, will supply your body with the nutrients it needs to maintain energy and power through the next 90 days.

Again, congratulations for taking the first step towards managing your weight. Your goals are within reach and SLMsmart will be the catalyst to get you there.

If you have any questions about SLMsmart or the details found in this System Guide, please contact Customer Service at (801) 769-7800.



SLMsmart™ System Components



Essential Foods

Milk & Dairy	Fruit	Protein	Whole Grains	Vegetables
2	2	3	3	6+
Servings	Servings	Servings	Servings	Servings

The body needs fuel. More than that, it needs nutrients. The SLMsmart Essential Foods Plan is a simple system of nutritious eating to follow every day. Doing so will significantly stimulate weight loss and allow you to maintain health and program your body to stay slim.

SLMsmart™ Products



Health Shake: Replace up to two meals per day with this tasty shake containing one serving of vegetables, whole grains and time-released protein.

Crave Control: Drink a glass of this healthy formula to fight cravings and hunger for up to three hours at a time.

Calorie Burner: Taken with two of your daily meals, this thermogenic formula provides energy while supercharging your metabolism.

ProArgi-9+: Two servings each day will enhance your body's ability to boost lean muscle mass, optimize blood flow, and metabolize fats.

Body Cleanse: Taken for the first seven of each 30 days, this product contains 35 time-honored herbs that help rid the body of unwanted toxins.

Exercise



The SLMsmart system recommends 30 minutes of exercise, five days a week. Just a little activity is all it takes. You can start with something as simple as walking. Eventually, as your fitness level increases, you may be encouraged to participate in advanced exercises or high intensity sports.



SLMsmart™

Essential Foods Plan

Every day your body needs these essential foods:

	Food Category	Servings	Serving Size
	Milk & Dairy milk, almond milk, yogurt, etc.	2	1 cup
	Fruit apples, berries, pears, oranges, etc.	2	1 cup or 1 medium-sized piece
	Protein beef, poultry, seafood, eggs, legumes, etc.	3	4-6 ounces; at least one cup
	Whole Grains oats, barley, quinoa, rice, etc.	3	1 cup (rice, pasta) or 1 slice of bread
	Vegetables peppers, broccoli, spinach, onions, carrots, etc.	6+	At least 1 cup

Your meals will consist of Essential Foods, supplemented by SLMsmart products. You won't need to spend time counting calories or worrying about the fat content of your meals. Instead, eat three healthy meals containing the recommended servings of Essential Foods. These meals, coupled with SLMsmart products, will provide 100% of all the nutrients you need each day.

Serving Sizes

Admittedly, everything you eat doesn't fit into serving-specific categories. Stews, hearty soups, chili and baked pasta dishes come to mind. When in doubt, use a one-cup measuring device for each serving. For vegetarian proteins, use a cup to one and one-half cups as a serving of protein. For pasta, bread-like substances, or rice or potatoes, count one cup as a single serving of whole grain.

Serving Examples

Turkey Sandwich:

2 Whole Grains, 1 Protein, 1 Vegetable

Spaghetti and Meatballs:

1 Whole Grain, 1 Protein, 1 Vegetable

Hamburger (1/4 lb. Patty):

1 Whole Grain, 1 Protein

Chicken Noodle Soup:

1 Whole Grain

Chili con Carne:

1 Protein, 1 Vegetable

Beef Taco:

1 Protein, 1 Whole Grain, 1 Vegetable



When you can't calculate exact serving sizes, just use common sense. Keep in mind that you will lose weight fastest if you do your best to eat only Essential Foods. Remember to avoid sugars, fast foods, and non-essential calories. For details on how to estimate the size of your Essential Foods servings, refer to the Serving Measurements on page 16.



SLMsmart™ Product Line

Take control of your weight for good with Synergy SLMsmart. This intelligent, low-glycemic system helps you achieve your ideal weight, no matter the goal—slim a little, lose a lot, or maintain for life.

SLMsmart's five-pronged, whole body approach revs up your body's fat burners, cleanses and detoxifies your body, helps optimize blood flow to increase energy and delivery of key nutrients, and helps to curb cravings between meals. Created in partnership with a distinguished doctor of nutrition, SLMsmart embraces a smart calorie mentality. Delivering the ultimate balance of nutrient-rich calories from the right sources of protein, fats, and carbohydrates, this brilliantly effective system ensures your body has everything it needs to look and feel its best.

Health Shake

Take the guesswork out of eating right and achieve your ideal weight with Synergy SLMsmart Health Shake. This delicious shake mix offers more benefit per sip with nutrient-rich, smart calories that instantly fuel your body and keep it running at high efficiency for hours. When mixed in milk, Health Shake provides:

- ✓ 1 Serving Protein
- ✓ 1 Serving Vegetables
- ✓ 1 Serving Whole Grains
- ✓ 1 Serving Milk

Directions: Mix three (3) rounded scoops into 10 ounces of milk or water. Use to replace up to two meals per day.



Calorie Burner

Turn up the heat with Synergy SLMsmart Calorie Burner. This powerful, thermogenic formula combines green tea with a time-released energy blend. Designed to supercharge your metabolism, Calorie Burner helps your body burn more calories and fat throughout the day. For energizing benefits without unwanted side effects, use SLMsmart Calorie Burner.

Directions: Take 2 capsules with a meal, twice daily.



Crave Control

Take a break from hunger with Synergy SLMsmart Crave Control. This refreshing, strawberry-lemonade flavored drink mix promotes a sustained sense of fullness with a powerful blend of efficacious ingredients, including chromium picolinate, fiber, and a patented, all-natural potato protein extract. This delicious formula fights hunger for up to three hours at a time, reducing the cravings for sweets, high-fat treats, and fast foods. With Crave Control, healthy satiety is only a drink away.

Directions: Mix one (1) packet into 14 to 16 ounces of water.



Body Cleanse

Fast track your weight management efforts with Synergy SLMsmart Body Cleanse. Featuring an efficacious blend of 35 time-honored herbs, this powerful formula helps rid the body of waste and unwanted toxins that can build up over time as a result of a poor diet, the environment, or the breakdown of stored body fat. Naturally gentle, Body Cleanse works without interfering with your daily activities. Purify and detoxify your body the easy way with SLMsmart Body Cleanse.

Directions: Take two packets daily; one packet with morning meal and one packet with evening meal. To be taken during the first week of each month.

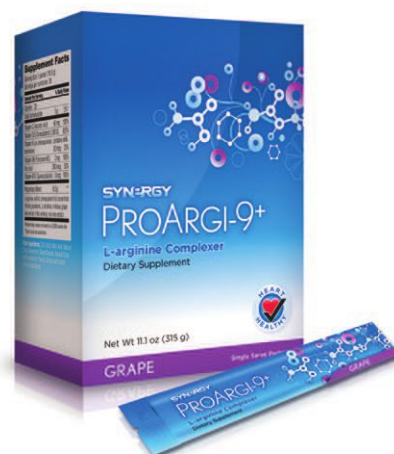
Note: Body Cleanse has been formulated to work gently. However combining an effective cleanse with a newly modified, high-fiber diet, may lead to increased bowel movements. If this causes an excessive amount of discomfort or inconvenience, consider reducing your usage to one packet per day.



ProArgi-9+

ProArgi-9+ is key in helping the body achieve and maintain optimal weight. L-arginine, the primary ingredient in ProArgi-9+, enhances the body's ability to maintain lean muscle mass and shed fat during weight loss. By increasing lean muscle mass, the body effectively burns more calories. Additionally, L-arginine is metabolized to nitric oxide in the body, a gas that enhances blood flow and assists in the metabolism of fat and glucose.

Directions: Mix one (1) packet, or scoop (one serving) with 4 to 8 ounces of water. Stir to dissolve. It is recommended that you take two servings per day.



SLMsmart™ Products and Essential Foods Work Synergistically

SLMsmart products work synergistically with the Essential Foods Plan to create a solid foundation of nutrition. During weight loss, it is important to substitute one or two meals with a nutrient-rich meal replacement. Synergy's Health Shake is one of the most nutritious, delicious, and effective alternatives to high-calorie meals. For breakfast, simply mix it with a high-protein beverage like milk or soy milk and enjoy. At the same time, take two Calorie Burner capsules to rev up your metabolism. Eat a piece of fruit with your meal and then, get out of the kitchen. You'll remain full until lunch.

By noon, you'll be ready for another healthy meal. Keep those calories burning by consuming another two capsules of Calorie Burner. By 3 p.m. hunger may set in, and this is where Crave Control comes into play. Mix one packet with 14 to 16 ounces of

water to promote a sense of fullness and to provide you with enough nutrients until dinner.

Active weight loss is the ideal time to cleanse. The body will be burning up fat, which results in the release of toxins and chemicals not ordinarily present when your weight is stable. For that reason, use Body Cleanse morning and night during the first week of every month during the active phase of your weight loss program.

At the end of the day, by using SLMsmart products and following the Essential Foods Plan, you should feel full, experience no unwanted side effects, and be on the road to successful weight loss.

REMINDER

Each time you drink a SLMsmart Health Shake, have a small piece of fruit with it. If you do that, and if you've mixed your shake into milk, that takes care of:

- ✓ 1 Serving Protein
- ✓ 1 Serving Whole Grains
- ✓ 1 Serving Vegetables
- ✓ 1 Serving Milk & Dairy
- ✓ 1 Serving Fruit



Exercise

Do you spend a lot of time sitting during the day? Whether it's at work, in front of the television, or behind a great book, sitting is part of everyday life. The SLMsmart system helps you offset the time spent sitting with a recommended 30 minutes of exercise, five days a week. Exercise will help you burn calories, stimulate your body, and brighten your mood overall.



Remember, one half hour is **ONLY 2%** of your day

Jogging/Walking

Jogging or walking briskly can get your heart rate at the optimal range to burn fat. Look for outdoor trails or hit the treadmill if it's more convenient.

H.I.I.T.

High Intensity Interval Training or HIIT is extremely popular and highly effective at burning fat in less time. HIIT routines can be found online and are featured in many of today's most-ordered exercise videos.

Weight Training

Weight training does more than just build muscle, it's also great for burning calories and trimming fat. As your lean muscle mass increases, so will your body's ability to burn calories.

Biking

Indoor or outdoor, biking is a passion for many people for good reason. Great for the legs, lungs, and core, biking is an effective way to stimulate fat reduction. Try and stay within your optimal heart rate or bike in intervals – high intensity, followed by low intensity, then repeat.



Hiking

Even at a slow pace, the energy and motion used to walk up an incline can transform your body. Head for fresh air and enjoy the outdoors, or adjust the incline on your treadmill as you give your body the exercise it needs.

Other

Aerobics, elliptical machines, jump rope, yoga, basketball, skiing, stairmaster, Crossfit, Pilates, Zumba, dancing, speed walking, or rowing – whatever the activity, just be active, have fun and enjoy the exercise!

A Typical Day of SLMsmart™ Eating

Below is one example of a SLMsmart typical day of eating:

Time	Product/Meal	Notes
With Breakfast	<ul style="list-style-type: none"> • SLMsmart Calorie Burner • SLMsmart Body Cleanse (first week of each month only) 	Purify, detoxify, and stimulate weight loss.
Breakfast	<ul style="list-style-type: none"> • SLMsmart Health Shake made with one cup of dairy milk or almond milk • One piece of fruit • ProArgi-9+ 	<ul style="list-style-type: none"> • 1 Protein serving • 1 Dairy serving • 1 Whole Grains serving • 1 Fruit serving • 1 Vegetable serving
Before Lunch	<ul style="list-style-type: none"> • Crave Control, if you think that you can't make it until lunch • ProArgi-9+ • Carrots, celery, peppers 	<ul style="list-style-type: none"> • Reduce cravings • Optimize cardio function • 1 Vegetable serving
Lunch	<ul style="list-style-type: none"> • 4 ounces of protein from beef, poultry, fish, etc. OR 1.5 cups high-protein vegetables like lentils, chick peas, peas, soybeans • 1 cup of wheat pasta, rice, couscous, or a slice of whole-grain bread • 1 cup cooked vegetables • 1 cup raw vegetables in a salad or as part of a sandwich • 1 piece of fruit • SLMsmart Calorie Burner 	<ul style="list-style-type: none"> • 1 Protein serving • 2 or More Vegetable servings • 1 Whole Grains serving • 1 Fruit serving • Stimulate weight loss
After Lunch	<ul style="list-style-type: none"> • ProArgi-9+ 	Optimize cardio function
Snack Option A	Crave Control, if you think that you can't make it until dinner	Curb your appetite and reduce cravings
Snack Option B	Carrots, celery, peppers or a piece of fruit (if you haven't already had your 2 servings)	<ul style="list-style-type: none"> • 1 Vegetable serving or • 1 Fruit serving
Dinner	<ul style="list-style-type: none"> • 6 ounces protein from beef, poultry, pork, fish... OR 1.5 cups high-protein vegetables like lentils, chick peas, peas, soybeans • 1 cup wheat pasta, brown rice, couscous, or slice of whole-grain bread • 2 cups cooked vegetables • 1 cup raw vegetables in a salad • One cup dairy, such as milk, cheese, or yogurt • SLMsmart Body Cleanse (first week of each month only) 	<ul style="list-style-type: none"> • 1 Protein serving • 3 or More Vegetable servings • 1 Whole Grains serving • 1 Dairy serving
Snack	<i>Optional:</i> Crave Control, if you think that you can't make it until breakfast	Curb your appetite and reduce cravings

! **REMEMBER: You can replace MORE than one meal per day with the SLMsmart Health Shake. In a rush? Drink a shake!**

The example meal plan above was created to provide all of the essential nutrients that you need in one day. The key is to get your servings of protein, vegetables, fruit, dairy, and whole grains while avoiding non-essential calories. The Weekly Journal is a good way to keep track of your progress and to ensure you are consuming each serving of Essential Foods with the SLMsmart products.

Helpful Tips

Cooking methods: When cooking, always choose to grill or bake rather than deep fry. Use limited amounts of sauces containing sugars or fats and when cooking a protein, if necessary, use no more than one tablespoon of oil, butter or margarine.

Starches: When possible, use whole grains. Bleached, white flour bread, pancakes, pastries, and white rice are not the preferred option. Other good sources of starches are whole grain pasta, brown rice, quinoa, and barley pearls. Potatoes are considered a starch and should be counted as a whole grain. Choose sweet potatoes as a healthy alternative.

Cooking Vegetables: In preparation, use up to 1 tablespoon of fats or oils to cook vegetables.

Salads: For salad dressing, try a little olive oil and vinegar, or choose a dressing with a low amount of sugar and fat.

Dairy Options: Avoid yogurts filled with sugar. Greek yogurt is an excellent source of protein. Ice cream is not a good dairy option.

Vegetarian Option for Protein: Eat soybeans, lentils, chick peas, almonds, or sunflower seeds to satisfy your daily servings of protein.

Fiber is Filling: Eat fibrous nuts, legumes, vegetables, and fruit. Avoid fruit juices and sports drinks, as they are often filled with sugar and may amplify weight gain.

Sugars and Corn Syrup: Try and avoid these two ingredients as much as possible. Doing so will help you stay on track and lose weight faster.

Love Those Veggies

Eat as many as you want!

Don't worry about which vegetable is better than the next. Start at one end of your market's produce section and work your way to the other. Be adventurous, mix things up from time to time and eat vegetables you've never tried before. Add a little salt or spice; perhaps you can turn into a Brussels sprout and kale lover.



Don't Forget the Fluids

Every day your body loses water in ways you can't control (breathing) and ways you can control (perspiration). To keep your body working properly, hydration is crucial. You can meet your daily fluid needs from various sources:

Liquids (water, milk, etc.)

Supplies 40-50% of needs

Food (fruit, vegetables)

Supplies 35-50% of needs

The body can also produce its own water; in fact, the body alone supplies itself with 10-15% of its daily water needs. Most individuals who don't perspire excessively should drink at least 4 to 8 cups per day. That is on top of the 2 servings of fruit, 6+ servings of vegetables and the reconstituting beverage used with your SLMsmart products.







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Conclusion

Weight loss can happen. It does happen. With the help of Synergy's SLMsmart system you can transform yourself into a slimmer, fitter, healthier you.

Put SLMsmart to the test, adhere to the system guidelines, and share your success story with family and friends. There are countless individuals around you searching for the same solution you have found. We encourage you to share this information with others as you lead by example.

Your future with SLMsmart is bright and we know you will succeed in achieving your goals. We are excited for the results you will experience and the added happiness you will feel. Best of luck to you, and to all those who are committed to slim, lose, and maintain.

The statements made in this guide have not been evaluated by the Food and Drug Administration. This product and program is not intended to diagnose, treat, cure, or prevent any disease. You should consult with a healthcare professional before starting any diet, exercise or supplementation program, before taking any medication, or if you have or suspect you might have a health problem.



Serving Measurements

With SLMsmart, the key to the Essential Foods plan is this: **KEEP IT SIMPLE.**

Don't spend time worrying whether the serving size is a little too big or too small. You don't need to obsess, count calories or weigh food. Simply eat and enjoy Essential Foods, and use these general guidelines when measuring your servings.

- 1 Serving Milk & Dairy = about 1 cup
- 1 Serving Fruit = about 1 cup, or 1 piece
- 1 Serving Meat Protein = 4 to 6 ounces cooked
- 1 Serving Vegetarian Protein = 1.5 cups of vegetarian protein source
- 1 Serving Whole Grains = about 1 cup
- 1 serving Vegetables = about 1 cup



Trust your best judgment. By avoiding sugary treats and junk foods, and doing your best to follow the 2-2-3-3-6+ Essential Foods plan, your body will respond with positive results.

Essential Foods Glossary

VEGETABLES. Daily Servings Required: 6+. General Serving Size: About 1 cup.

Asparagus	Celery	Mushrooms
Asparagus spears	Cherry/Grape Tomatoes	Onions
Beetroot	Cucumber sliced	Peas
Broccoli	Cucumber whole	Peppers (Green, Red, etc.)
Cabbage Cooked	Eggplant, cooked	Salsa
Cabbage Raw	Green Beans	Spinach
Carrots	Kale	Tomato
Cauliflower	Lettuce (Romaine, Iceberg, etc.)	Zucchini

FRUIT. Daily Servings Required: 2. General Serving Size: About 1 cup, or 1 piece.

Apples	Grapefruit	Pear
Applesauce (unsweetened)	Grapes	Plums
Apricots	Honeydew Melon	Prunes
Avacado	Kiwi	Raisins
Banana	Mandarin Orange section	Rock Melon
Berries (Mixed)	Mango	Raspberries
Blueberries	Mixed Fruit	Strawberries
Cherries	Nectarine	Watermelon
Cranberries	Orange	Watermelon wedge
Dates	Peach	
Figs	Pineapple	



MILK AND DAIRY. Daily Servings Required: 2. General Serving Size: About 1 cup.*

Dairy Milk
 Greek Yogurt
 Sour Cream
 Soy Milk
 Yogurt (low sugar recommended)

PROTEIN (Non-Vegetarian Options). Daily Servings Required: 3. General Serving Size: About 4 to 6 oz.

Bacon	Clams	Pork Cuts
Beef	Duck	Shrimp, jumbo
Cheese - Cheddar Cheese*	Eggs	Shrimp, small popcorn
Cheese - Colby Cheese*	Egg Whites	Tuna, canned in water
Cheese - Cottage Cheese*	Egg Substitute	Turkey
Cheese - Feta Cheese*	Fish, any type, fresh or canned	Veal Cuts
Cheese - Mozzarella Cheese*	Ham	
Cheese - Parmesan, ground*	Lamb	
Chicken, Dark or White Meat	Lunch Meat	

PROTEIN (Vegetarian Options). Daily Servings Required: 3. General Serving Size: About 1 1/2 cups

Almonds	Lentils	Pumpkin Seeds
Black Beans	Navy Beans	Seeds - Sesame Seeds
Brazil Nuts	Peanuts	Seeds - Sunflower Seeds
Cashews	Peanut Butter	Seeds - Flaxseed, ground
Chickpeas	Pecans	Tofu
Garbanzo Beans	Pistachios	Walnuts

WHOLE GRAINS. Daily Servings Required: 3. General Serving Size: About 1 cup

Bagel, whole-grain	Muffin, any flavor	Pretzels, sticks
Baked chips	Oatmeal, cooked	Pumpkin, cooked
Bread, sourdough	Pancake, whole-grain	Rice, brown, cooked
Bread, whole-grain	Pasta, whole-grain cooked	Roll, whole-grain
Cereal, whole-grain	Pita bread	Shredded wheat
Corn	Popcorn, popped	Squash, winter, cooked
Corn on the cob	Potato, baby, red-skinned	Sweet Potato, baked
Corn Tortillas	Potato, baked	
English Muffin, whole-grain	Potato mashed	









*Though cheese is technically a dairy product, for the purposes of the SLMsmart System it has been classified as a protein. Therefore, count each serving of cheese as one serving of protein. Consumption of cheese is a way to ingest quality proteins into the body. However, cheese also generally contains higher amount of fat per serving. For this reason, consumption of cheese should be limited during periods of active weight loss.



Weekly Journal

Name _____ Weight _____ Week# _____ Date _____

Measurements: Waist _____ Thigh _____ Arm _____

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
 Health Shake <i>(1x Protein-Whole Grain-Veggie)</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Protein	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
 Whole Grains	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
 Fruit	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
 Milk & Dairy <i>(Reminder: Health Shake mixed with milk covers one serving)</i>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
 Vegetables	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
 Body Cleanse <i>(Week 1 of each month)</i>	<input type="checkbox"/> <input type="checkbox"/> A.M. P.M.	<input type="checkbox"/> <input type="checkbox"/> A.M. P.M.	<input type="checkbox"/> <input type="checkbox"/> A.M. P.M.	<input type="checkbox"/> <input type="checkbox"/> A.M. P.M.	<input type="checkbox"/> <input type="checkbox"/> A.M. P.M.	<input type="checkbox"/> <input type="checkbox"/> A.M. P.M.	<input type="checkbox"/> <input type="checkbox"/> A.M. P.M.
 Crave Control	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Calorie Burner	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
 ProArgi-9+	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
 Exercise	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 DAY COMPLETE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Weekly Progress Questions

Analyze your performance to better understand your progress and results:

1. While managing your nutrition this week, what was something positive that you experienced?

2. What could you have done better this week, or what do you wish you would have done differently?

3. How effectively do you feel you exercised this week? (1=Not effectively at all, 5=Very effectively) 1 2 3 4 5

4. How do feel about the week overall?

5. What are your goals for next week?

TIP: Don't forget to drink plenty of water



Daily Food Planner

Date _____

Plan a day of meals. If you believe the old saying, “failure to plan is planning to fail,” then here’s what you should do: Take a moment to write down your meal choices for the day. Be sure to include the required servings of each Essential Foods category. Plan when you’ll drink your Health Shake, when whole grains will come in handy, what vegetables will make a dinner appearance, and so on. Then follow your plan as best you can, avoiding non-essential calories, and enjoy your SLMsmart day!

Milk & Dairy 2 Servings	Fruit 2 Servings	Protein 3 Servings	Whole Grains 3 Servings	Vegetables 6+ Servings
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With Breakfast: Take Calorie Burner and Body Cleanse (for the first week of each month)

Breakfast Health Shake mixed with milk, with a side of fruit. Or...



Hungry Between Meals? Take Crave Control. This may also be a good time for your first serving of ProArgi-9+.

Lunch



Remember: Calorie Burner with lunch, and a second serving of ProArgi-9+ sometime before dinner.

Dinner



With Dinner: Take the second packet of Body Cleanse (for the first week of each month).

