

The 6-Week Game Changer

TRANSFORMATION CHALLENGE



Time Line - The consistent timing of the nutrient intake with water is a powerful part of achieving your best results. Ten times daily (Modify times to fit your schedule).
First Cleanse For Life drink should be consumed within ½ hour of waking up).

Time of Day	Cleanse Days Action	Time Done	Amount of Water (oz)
7:00AM	If you have Ionix have it first, wait 15-20 min. 1-2 Isagenix Snack, then 2 scoops of powder (or 4oz of liquid Cleanse For Life - mix with *6-8oz cold water 1 Natural Accelerator capsule		
9:00AM	8 to 16oz cold water / "Optional" two raw unsalted almonds		
10:30AM	One Isagenix Snack / *8 to16oz cold water / "Optional" two raw unsalted almonds		
12:30PM	2 scoops or 4 oz Cleanse for Life drink / 8 to 16 oz cold water. One Isagenix Snack		
2:00PM	One Isagenix Snack / 8 to 16oz Cold Water / One Natural Accelerator capsule / "Optional" two raw unsalted almonds		
3:30PM	One Isagenix Snack / 8 to 16oz cold water / "Optional" two raw unsalted almonds		
5:00PM	2 scoops or 4 oz Cleanse for Life drink / * 8 to 16 oz cold water		
6:00PM	One Isagenix Snack / 8 to 16oz cold water / "Optional" two raw unsalted almonds		
8:00PM	2 scoops or 4 oz Cleanse for Life drink / *8 to 16oz cold water / One Isagenix Snack		
9:30PM	One Isagenix Snack / *8 to16oz cold water / "Optional" 1-2 Isaflush before bed.		

Other Details:

*Proper hydration is essential for flushing out impurities and to obtain the maximum benefit of the cleansing program. Recommended daily 'pure' water consumption is $\frac{1}{2}$ of your body weight in OUNCES. i.e. 200lb body weight = 100 oz. water daily. Water used in diluting cleansing drinks should NOT be included in your total daily intake. Imagine your body receiving over 242 nutrients consistently over the next nine days, it is getting more nutrition and hydration ("pure clean water") on a consistent basis than perhaps it ever has. This is an environment that allows the body to relax, heal itself, build/support lean mass and release toxic fat like never before...

2 scoops of Powdered Cleanse for life is great mixed with 4-6 oz of water.

Information: Provided by Isagenix International and the IsaMentor System