



WEIGHT LOSS TRIPLE-THREAT

Spark a lasting, lifestyle change! We put these steps together to help you fire up your weight loss.



Take your "before" picture—and smile extra-big, because your new results are right around the corner.



Two weeks later, take another picture. Check out your progress! You'll continue taking pictures every two weeks to see how far you've come.



Weigh yourself on Day 1 and again every 30 days—be sure to do this first thing in the morning, before any food or drinks.

STAY ACCOUNTABLE

Reaching your goals requires two things—accountability and consistency. The American Society of Training and Development found that people are 65% more likely to meet a goal after committing with another person. When they planned progress check-ins with their partners, the chance for success increased to 95%.

Print out and use the included Weekly Tracker to hold yourself accountable by achieving daily benchmarks. Be sure to share your progress with at least three friends and have fun along the way!

Accountability Partners:

1. _____
2. _____
3. _____

ACCELERATE YOUR RESULTS

To accelerate your results—and help you look and feel your best—it's important to include hydration and exercise in your daily steps for success. Try drinking half your body weight in ounces of water each day to make sure you stay properly hydrated. Biking, running, walking, and even rollerblading are a few, easy options for daily exercise that don't require an expensive gym membership.

Pro Tip: Little movements add up to big results! Next time you're tempted to take the elevator, take the stairs instead.

THE METHOD FOR SUCCESS

And what's the method, you ask? Follow the simple routine below with your Triple-Threat trio.



It Works! Cleanse® gives your system a solid foundation for weight loss with a gentle, two-day reset that also removes toxins.† Drink it on an empty stomach before breakfast and your last meal of the day—two days in a row.

Pro Tip: To see your best results, keep cleansing once every month.



It Works! Keto Coffee® won't break your fast, so sip it when you wake up to help curb hunger cravings and extend your fast through lunchtime—while giving your body the energy it needs to keep burning fat.†

Pro Tip: Turn your morning coffee into a Mocha Dream by combining It Works! Greens™ Blend Chocolate with your keto coffee. With added fruits and veggies, your body gains an extra edge in this challenge!



Fire up your metabolism and jumpstart your body's ideal fat burn with **ThermoFight X™**.† Take it twice a day—in the morning and at lunch—for results so hot, you'll be untouchable.

Pro Tip: The only thing standing between you and reaching your results with ThermoFight X is remembering to take it! Try setting two daily alarms in your phone to set yourself up for success.

† These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



WEEKLY TRACKING TOOL

Print this Weekly Tracker to pinpoint your progress and share your results.

	Keto Coffee	ThermoFight X	Water	Activity	Notes	Did you Cleanse this month?
SUNDAY						
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						
SATURDAY						