

# JUMPSTART YOUR JOURNEY

Don't try to tackle everything at once. Incorporate one of the Core 4 basic health habits today. Add another Core 4 habit each month and track your progress weekly. At the end of four months, these simple changes will add up to big lifestyle improvements.

1 ADD ONE SIMPLE CHANGE PER MONTH	WEEK 1	WEEK 2	WEEK 3	WEEK 4
EAT MORE WHOLE FOODS	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
DRINK MORE WATER	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
GET MORE EXERCISE	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
SLEEP MORE STRESS LESS	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
CONTINUE WITH MORE SIMPLE CHANGES TO IMPROVE YOUR LIFESTYLE	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

TO TRACK YOUR PROGRESS, FILL IN EACH CIRCLE ABOVE WITH THE APPROPRIATE FACE

I DID ALL OF IT! 
  I DID MOST OF IT! 
  I DID SOME OF IT. 
  OOOPS!

*Juice* PLUS+



One Simple Product

ONE  
SIMPLE  
CHANGE

# ONE SIMPLE CHANGE

Good health doesn't have to be difficult: One Simple Change can make a big difference. Make One Simple Change each month in each of the four areas below—the **Core 4**, and you'll be amazed how much better you'll look and you'll feel after your first four months of taking Juice Plus+®.



# SIMPLE CHANGE IDEAS

Juice Plus+® is only the first step towards a healthy lifestyle. Try these simple changes to help improve your health and wellness.

- Drink a Complete smoothie every day.
- Drink a glass of water after brushing your teeth.
- Replace your candy bowl with a fruit bowl.
- Take a brisk 3-minute walk every hour during your work day.
- Go to bed 30 minutes earlier.
- Have a 10-minute dance party each night.
- Buy a water container that tracks your water intake each day.
- Replace French fries with a salad.
- Do it yourself—cook more meals at home.
- Take a 5-minute breathing break mid-day to relieve stress.
- Create your own One Simple Change.