



Begin with the first four days of the DEEP CLEANSE scorecard followed by seven days of the BODY BALANCING scorecard, and you have an extremely powerful tool.

- **WHAT IS THE OBJECTIVE?** This scorecard hits the nail on the head! After a "back to back" deep cleanse, even though we feel fabulous, the old habits can creep back in. Instead, your progress is supported and "set" during the additional days of cleansing while you sleep.

- **WHAT ARE THE BENEFITS?** This scorecard can be played over and over until you reach your goals. Plus:

- **The second fastest fat burning scorecard available.**
- **Experience both deep cleansing and body balancing in just 11 days.**
- **Rebuilds lean muscle including heart, lungs, and circulatory system.**
- **Mental clarity and emotional balance**
- **Gain control over food, cravings and impulse eating.**

- **WHAT WILL MY SCHEDULE BE?** The 11 days are divided into two categories, shake days and cleanse days.

SHAKE DAYS - NINE: ☐☐

Replace two meals with IsaLean Shakes (optional IsaLean Bar).

If wanting to lose weight, take 1 Accelerator Capsule (on an empty stomach) in the morning and in the early afternoon.

Eat an approved snack or two Snack Wafers in mid morning and again in mid afternoon.

Eat one 400-600 calorie meal.

ALTERNATING EVERY OTHER SHAKE DAY - SIX: ☐ ☐

Also drink one servings of Cleanse for Life juice at bedtime and on an empty stomach (no food after 7 pm).

CLEANSE DAYS - TWO:

Drink four servings of Cleanse for Life juice evenly spaced throughout the day (typically every 4 hours).

If wanting to lose weight, take 1 Accelerator Capsule (on an empty stomach) in the morning and in early afternoon.

In between each serving of Cleanse for Life, eat 1 to 2 Isagenix Snack wafers.

(Larger size or extremely active players may eat up to a total of 10 Isagenix Snacks throughout the day.)

THE PERFECT CLEANSE DAY SCHEDULE ☐ ☐

Adjust to your personal schedule. (wake up time, work time, etc.)

7:00 a.m. Drink 4 oz. of Cleanse for Life and take an Accelerator.

9:00 a.m. Eat 1-2 Isagenix Snack wafers.

11:00 a.m. Drink 4 oz. of Cleanse for Life and take an Accelerator.

1:00 p.m. Eat 1-2 Isagenix Snack Wafers.

3:00 p.m. Drink 4 oz. of Cleanse for Life.

5:00 p.m. Eat 1-2 Isagenix Snack Wafers.

7:00 p.m. Drink 4 oz. of Cleanse for Life.