

## **"12in24 Plan" Program Guidelines & Suggestions**

**Congratulations!** You have taken a GREAT step forwards on your path to a healthier, happy you! Our "12in24 Plan" has been designed to create the easiest *protocol* to follow, to create **compliance** to a simple set of daily steps that will lead to losing unwanted body fat and shedding excess inches from areas of your body that have traditionally been tough to access and burn off. The goal of our *12in24 Lifestyle Plan* is to assist you with your decision to embrace a better lifestyle.

**Lose 12 lbs. or 12" or any combination thereof, within 24 days. Simply drink 3 delicious functional beverages that are strategically designed to aid your body in the EXACT DAILY ORDER, as follows:**



- ✓ Between **7am-9am**, drink one (1) Valentus® Prevail **SlimROAST** first thing in the morning, **15-30 minutes before** your breakfast. Avoid adding traditional dairy or sugar, ideally. If desired, substitute with Almond or Coconut Milk, and sweeten with Stevia, Xylitol or Guava extract.
- ✓ Mix one (1) packet's contents thoroughly into 1 cup (250mL) of hot water and mix thoroughly.
- ✓ Alternatively, iced coffee can be prepared with 1 cup (250mL) of cold water mix over ice cubes.
- ✓ If there is any sensitivity to the naturally occurring caffeine, simply dose down starting with  $\frac{1}{3}$  to  $\frac{1}{2}$  of a packet for the first 6 days (week 1), and gradually increase your dosage in the following week(s) until fully acclimated.



- ✓ Drink one (1) Valentus® Prevail **TRIM** in the afternoon, **30-60 minutes before** your supper.
- ✓ Mix 1 packet's contents thoroughly into 2 cups (500mL) of water and mix thoroughly.
- ✓ Drink entire contents within 15 minutes of dissolving crystals for maximum benefit.
- ✓ If there is any sensitivity to the natural ingredients, simply dose down starting with  $\frac{1}{3}$  to  $\frac{1}{2}$  of a packet for the first 6 days (week 1), and gradually increase your dosage in the following week(s) until fully acclimated.



- ✓ Drink one (1) Valentus® Prevail **IMMUNE**, **30-60 minutes before** you retire (go to sleep).
- ✓ Mix 1 packet's contents thoroughly into 2 cups (500mL) of water and mix thoroughly.
- ✓ Drink entire contents within 15 minutes of dissolving crystals for maximum benefit.
- ✓ If there is any sensitivity to the natural ingredients, simply dose down starting with  $\frac{1}{3}$  to  $\frac{1}{2}$  of a packet for the first 6 days (week 1), and gradually increase your dosage in the following week(s) until fully acclimated.

**6 days a week, take the 7<sup>th</sup> day OFF! Repeat for 4 weeks. That's it, just 24 days!**

- Record your **starting weight** and your **starting measurements** (up to 7 body locations), and record these **ONCE PER WEEK** at the exact same time of day (recommended first thing in the morning after you've eliminated your colon and bladder).
- Take a few photographs of your **starting body**, in your favourite clothing (swimsuit, shorts, dress etc.) to serve as motivation. Take photos from a straight on angle and from the side. Keep the photo location consistent to serve as a visual reference. For your personal record only, only share publicly if/when you feel comfortable to share your results. A before and after picture is worth a THOUSAND WORDS.
- Drink **8 to 12 glasses** of water per day, as these products create *thermogenesis*. This is the process of accessing stored fat, converting it to a body-friendly fuel and metabolized in the body. A by-product when burning fat is *heat* therefore it's critical that you drink enough water.


Exterior skeleton fat's primary role in the body is to store toxins. When you metabolize fat cells, toxins are released back into your blood stream for elimination through the bladder/colon. Potential side effects include nausea, diarrhea, mood swings and increase perspiration.

Date	Day #	Weight	Weight Loss	Chest	Upper Arm - Left	Upper Arm - Right	Abdomen	Waist (natural)	Buttocks	Upper Thigh - Left	Upper Thigh - Right	Knee - Left	Knee - Right	Calif - Left	Calif - Right	Total Inches	Inches Lost
	PRE 12in24 (Day 1)																
	First 6 days (Day 8)																
	Next 6 days (Day 15)																
	Next 6 days (Day 21)																
	Last 6 days (Day 27)																
	POST 12in24 (Day 29)																
	DIFFERENCE																+
		Total Body Weight Lost: =															
		Total Body Inches Lost: =															

### Step 1

Be a product of the product. Use all products as we recommend, following the 12in24 plan ideally to best demonstrate what 'average' consumers will want to do to get off to a quick and successful start. \*Be sure that new members weigh and measure themselves **BEFORE** starting the program, and take your pictures of straight on and from the side with your favorite outfit, or bathing suit etc. to illustrate your starting baseline.

### Step 2

Using your  Facebook account, post a quick comment surrounding your *commitment* to following a "new weight loss/lifestyle plan that is so easy, simple to follow, I am so excited to share my results with all of my friends". Follow up that post once per week with an update of total pounds and total inches lost, how you are generally feeling (ex: better sleep, more energy, better focus, digestion, excited about how your feeling so quickly) plus add the <http://www.12in24.info> 1min video link to your post.

### Step 3

Once you start to get private messages of interest, or posted comments asking what your doing or "tell me more" comments, be sure to send the interested party to your <http://www.ValentusMovie.com/{username}> and a request to follow up with them within 24 hours to answer any questions they might have. Once the interested party has agreed to receive a follow up call, make arrangements in advance to have your sponsor or any of your 3 success upline leaders on standby to help *demonstrate support* by doing a 3-way call with the interested party. Answer questions and confirm interest in getting started.

