



30-Day Jumpstart Challenge

To make the most of your efforts, remember to:

- ✓ Take Hydroxycut 2x a day
- ✓ Follow our Transformation Program

SHARE YOUR JOURNEY USING **#MYGOALSMYWAY**

JUMPSTART YOUR FITNESS JOURNEY BY COMPLETING EACH DAILY CHALLENGE AND LEARNING SIMPLE HABITS YOU CAN INCORPORATE INTO A HEALTHY LIFESTYLE.

1 Take your first servings of Hydroxycut and write down your goals	2 Try a new, healthy recipe for dinner	3 Grab a friend and go for a walk around the neighborhood	4 Find a quote that motivates you and write it down	5 Get up and move once every hour	6 Add a green veggie to every meal	7 Make a healthy grocery shopping list and stick to it
8 Take the stairs instead of the elevator	9 Prepare a healthy lunch for tomorrow	10 Post a photo about your journey using #MyGoalsMyWay	11 Swap out juice and soda for fruit-infused water	12 Do 100 squats	13 Clean out your fridge and put healthy food at the front	14 Do something to pamper yourself
15 Make a smoothie for breakfast	16 Make a workout playlist	17 Have tea after dinner instead of reaching for snacks	18 Do 25 jumping jacks during each TV program you watch	19 Track your food using a journal or the Hydroxycut App	20 Plan an outdoor activity with friends or family	21 Cook a healthy recipe with leftovers for lunch this week
22 Write down 3 body positive thoughts about yourself	23 Chop up fruits and veggies as a grab-and-go snack	24 Go for a walk during your lunch break	25 Drink 8 glasses (2 liters) of water	26 Do 100 lunges	27 Clean out your closet and get rid of old or ripped clothing	28 Get at least 7 hours of sleep
29 Go meatless	30 Congrats , you did it! Now you have the healthy habits you need to succeed on your journey. Keep making healthier choices and taking Hydroxycut to help you along the way!	<p>AMERICA'S #1 SELLING WEIGHT LOSS SUPPLEMENT BRAND**</p> <p>HYDROXYCUT.</p>				

TO LEARN MORE ABOUT TIFFANY'S STORY, VISIT HYDROXYCUT.COM/TIFFANY

HYDROXYCUT.COM   

**Based on AC Nielsen xAOC unit sales for Hydroxycut® caplets. Read the entire label. © 2017

