

Customize Your 30-Day Reset

CREATE A PROGRAM BASED ON YOUR UNIQUE LIFESTYLE.

The 30-Day Reset is a flexible 30-day program that can easily be customized to fit your lifestyle and long-term health goals. Day 1 can start any day of the week. Just remember to include **4 or more Cleanse Days** total during the month; the rest are Shake Days. Remember to have at least two Shake Days before your Cleanse Days and follow the Shake and Cleanse Day guidelines. If you schedule more than 4 Cleanse Days, you will need to purchase additional Cleanse for Life® and Isagenix Snacks™.

Use the Calendar below to create your custom, 30-Day experience.

26 x S = Shake Days 4 x C = Cleanse Days

To be sure you don't run out of product by next month; order no later than day 20 or enroll in Subscription Rewards.

Back-to-back Cleanse Days are defined as Deep Cleanse Days.



Two More Effective Options

The Isagenix 30-Day Reset is scientifically designed to help you achieve your health goals. Many people have found success in achieving their goals by customizing the 30-Day Reset to fit their lifestyle and individual needs. Here are two examples of customized calendars that have worked for others.

Option One

S	S	S	S	S	S	C
Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
S	S	S	S	S	S	C
Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
S	S	S	S	S	S	C
Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
S	S	S	S	S	S	C
Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
S	S					
Day 29	Day 30					

This popular calendar is used by those who want to schedule their Cleanse Days evenly throughout the month.

Option Two

S	S	C	C	S	S	S
Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
S	S	C	C	S	S	S
Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
S	S	C	C	S	S	S
Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
S	S	S	S	S	S	S
Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
S	S					
Day 29	Day 30					

For those interested in a more aggressive weight-loss plan, this option is ideal. Note: If you choose this option, you will need to purchase more Isagenix products.