



## Personal Health Analysis

Name \_\_\_\_\_

My goal is to achieve my target weight by losing \_\_\_\_\_ lbs. by \_\_\_\_\_.

How would I rate my current health?  Excellent  Good  Fair  Poor

### Other Health Goals

How would I rate my current level of commitment to accomplish this goal?

Highly Motivated  Moderately Motivated  Slightly Motivated

### Program Selection (see below for tips)

The Isagenix for Life Program I will be starting is:

Cleansing and Fat Burning System  Total Health and Wellness System

### My Support Team

When embarking on a health and wellness program, I want to surround myself with positive people who will support me and not sabotage my success. I intend to ask the following people to support me on my Isagenix Program.

### My Commitment

I commit to following my Isagenix Program and to build my personal Support Team.

Signed \_\_\_\_\_ Date \_\_\_\_\_

### Program Selection Tips

**1.** If you have any pounds or inches you wish to lose, you should begin and remain on the Isagenix Cleansing System until you achieve your target weight.

If you're already at your target weight, you should begin with the Total Health and Wellness System.

**2.** Start with a minimum of 2 – 7 days of PreCleanse (Shake Days) before using the Cleanse for Life drink (Cleanse Days).

**3.** If you are on medication, under doctor's supervision or more than 65 years old, we recommend you initially cleanse 1 day each week rather than 2 days in succession. The rest of the month will be Shake Days.

**Note:** You should also request your doctor to monitor your results.

**4.** We recommend you set up an Autoship order for added savings and to ensure you do not run out of product.

**All Programs Have a 30-Day Money-Back Guarantee**