

# WIN \$\$\$ LOSING WEIGHT!

## 11-Day New Years Resolution Weight Loss Contest

### WIN \$500\*

REGISTRATION DEADLINE: January 9, 2012  
CONTEST DATES: January 14-24, 2012

DETAILS: This is a contest using the Isagenix 11-day Fat Burning System. The retail cost of the products are approximately \$204.00, including shipping and tax (Based on 10% sales tax. State taxes may vary). Wholesale cost is \$132.00 with a \$19.00 annual autoship membership plus shipping and tax.

Contest winner based on percent (%) average of lost inches and weight. Submit "before" pictures & measurements by January 13, and "final" pictures & measurements by January 27, 2012. The prize will be split if there is a tie.

REGISTRATION: FREE for new member.  
\$25 for current members.

[www.Tremper.com](http://www.Tremper.com) then click "EVENTS" - Scroll down to review 11-day plan.

**To Register, call (815)795-3400 x801.**

\* Would you like to have a larger grand prize with 2<sup>nd</sup> and 3<sup>rd</sup> place winners? Prize amount grows as more contestants register. Spread the word! Have your family and friends register and do it together.

## 11- Day Fat Burning System:

### Days 1 & 2: Shake Days

<b><u>Breakfast</u></b>	<b><u>Snack</u></b>	<b><u>Lunch</u></b>	<b><u>Snack</u></b>	<b><u>Dinner</u></b>	<b><u>Snack</u></b>
Wake up: Drink 1-2 glasses of water	2 Isagenix Snacks	400-600 calorie meal	2 Isagenix Snacks	IsaLean Shake	2 Isagenix Snacks
IsaLean Shake	or Celery	1 Natural Accelerator	or Celery		or Celery
1 Natural Accelerator	or Raw nuts	Drink 1-2 glasses of water	or Raw nuts		or Raw nuts
	Drink 1-2 glasses of water	Note: Lunch & Dinner can be switched	Drink 1-2 glasses of water		Drink 1-2 glasses of water

### Day 3 & 4: Cleanse Days

<b><u>Morning</u></b>	<b><u>Snack</u></b>	<b><u>Noon</u></b>	<b><u>Snack</u></b>	<b><u>Afternoon</u></b>	<b><u>Evening</u></b>
Drink 8 oz water mixed with 2 scoops Cleanse for Life	2 Isagenix Snacks	Drink 8 oz water mixed with 2 scoops Cleanse for Life	2 Isagenix Snacks	Drink 8 oz water mixed with 2 scoops Cleanse for Life	Drink 8 oz water mixed with 2 scoops Cleanse for Life
1 Natural Accelerator	or Celery	1 Natural Accelerator	or Celery		2 Isagenix Snacks
	or Raw nuts		or Raw nuts		or Celery
	Drink 1-2 glasses of water		Drink 1-2 glasses of water		or Raw nuts
					Drink 1-2 glasses of water

Days 5 - 9: Shake Days

<b><u>Breakfast</u></b>	<b><u>Snack</u></b>	<b><u>Lunch</u></b>	<b><u>Snack</u></b>	<b><u>Dinner</u></b>	<b><u>Snack</u></b>
Wake up: Drink 1-2 glasses of water	2 Isagenix Snacks	400-600 calorie meal	2 Isagenix Snacks	IsaLean Shake	2 Isagenix Snacks
IsaLean Shake	or Celery	1 Natural Accelerator	or Celery		or Celery
1 Natural Accelerator	or Raw nuts	Drink 1-2 glasses of water	or Raw nuts		or Raw nuts
	Drink 1-2 glasses of water	Note: Lunch & Dinner can be switched	Drink 1-2 glasses of water		Drink 1-2 glasses of water

Day 10 & 11: Cleanse Days

<b><u>Morning</u></b>	<b><u>Snack</u></b>	<b><u>Noon</u></b>	<b><u>Snack</u></b>	<b><u>Afternoon</u></b>	<b><u>Evening</u></b>
Drink 8 oz water mixed with 2 scoops Cleanse for Life	2 Isagenix Snacks	Drink 8 oz water mixed with 2 scoops Cleanse for Life	2 Isagenix Snacks	Drink 8 oz water mixed with 2 scoops Cleanse for Life	Drink 8 oz water mixed with 2 scoops Cleanse for Life
1 Natural Accelerator	or Celery	1 Natural Accelerator	or Celery		2 Isagenix Snacks
	or Raw nuts		or Raw nuts		or Celery
	Drink 1-2 glasses of water		Drink 1-2 glasses of water		or Raw nuts
					Drink 1-2 glasses of water

Measurement Chart:

Measurement	Day 1	Day 11	Total Lost
Weight			
Neck			
Upper Arm Left			
Upper Arm Right			
Chest (underarms)			
Diaphragm			
Waist			
Abdomen (6 in below waist)			
Buttocks (9 in below waist)			
Upper Thigh Left			
Upper Thigh Right			
Calf Left			
Calf Right			
Upper Knee Left			
Upper Knee Right			