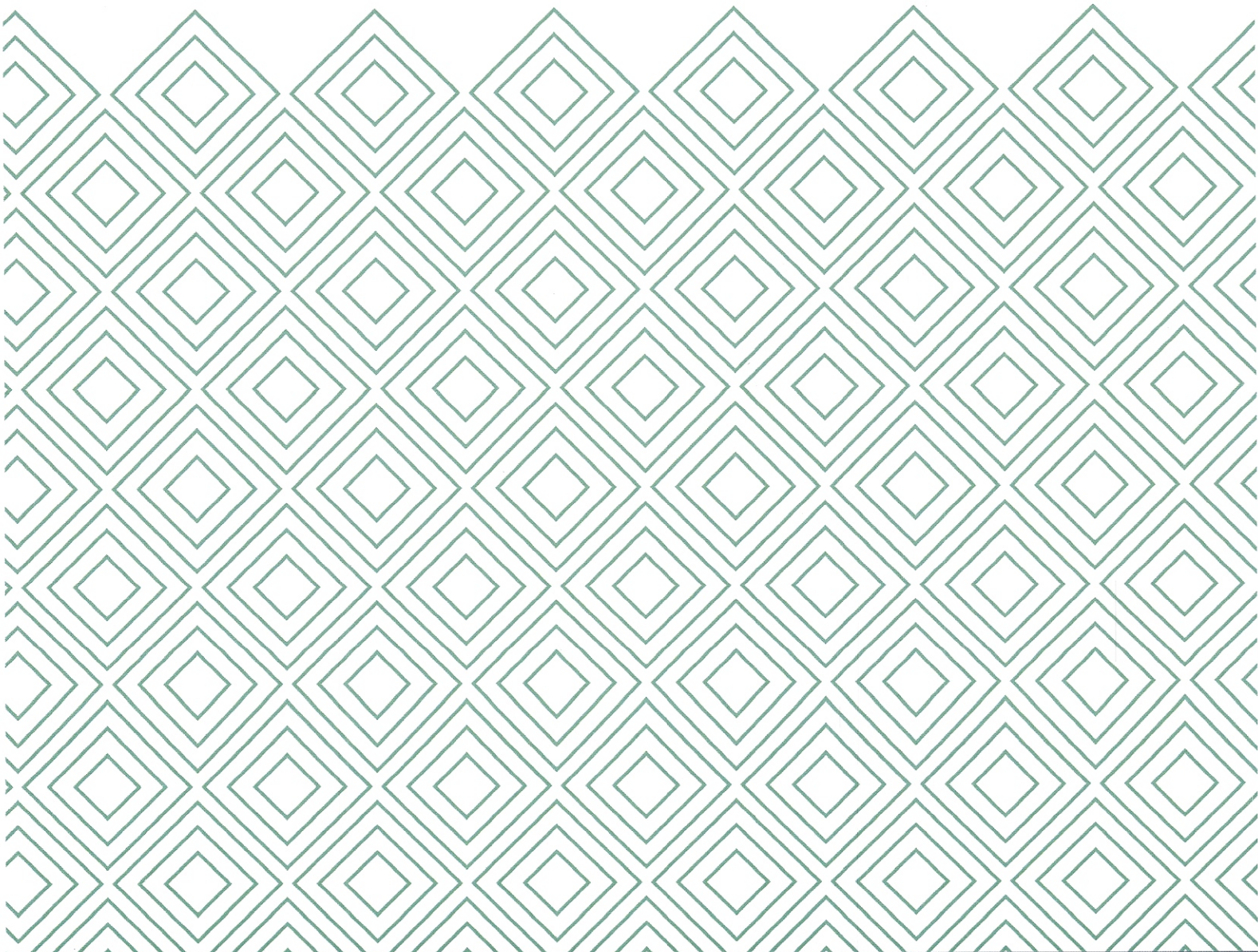


free health assessment for your plexus products



FDA Disclaimer. These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

Self Assessment

Below are conditions linked to poor gut health, inflammation and blood sugar instability. Circle all that apply to you!

- | | | |
|-----------------------|---------------------------|----------------------------|
| Acne | Eczema | Leaky Gut |
| ADD | Fatigue | Low immunity |
| ADHD | Food intolerances | Low sex drive |
| Always thirsty | Frequent infections | Lupus |
| Anxiety | Frequent urination | Need caffeine |
| Autoimmune conditions | Gas | Nutritional deficiencies |
| Bloating | Hashimotos | Overweight |
| Blurred vision | Headaches | Poor memory |
| Body pain | Heartburn | Premenopausal |
| Brain fog | High sugar diet | Rheumatoid arthritis |
| Celiac disease | Hormonal imbalances | Rosacea |
| Chronic fatigue | IBS | Skin irritation |
| Chrons | Immune challenges | Sleep issues |
| Constipation | Insomnia | Ulcerative colitis |
| Depression | Irregular menstrual cycle | Uncontrolled cravings |
| Dermatitis | Irritable | Underweight |
| Diarrhea | Jitteriness | Unexplained weight changes |
| | Joint pain | |

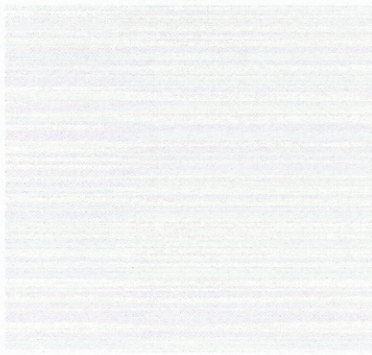
My Why

When you feel like quitting, remember why you started! It's easy to feel like things will never get better and being patient is hard. But things do get better when you are consistent, give the products time to work and personally be accountable. What do you want to be doing a year from now? How do you want to feel? Get detailed!

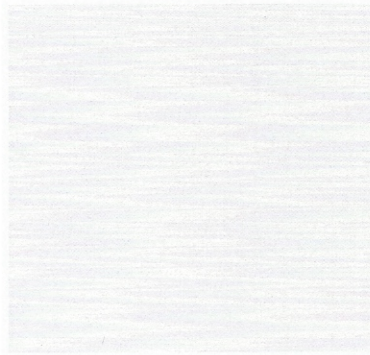
My Schedule

Establishing a routine is key to results and optimal health. If you want to feel better, you must do things daily, from choosing healthier foods, to being more active, to taking your supplements daily. Let's establish your routine below! Fill in the supplements you take in their time boxes below!

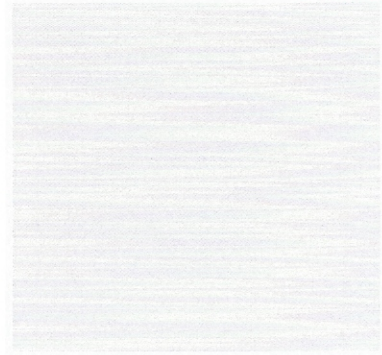
AM



NOON



PM



Water

Water intake is essential to flushing toxins from your body, helping you feel better faster, and making these supplements work best. Figure out how much water you need to be working up to by following this formula!

Your Weight / 2 = Water Intake

If you weigh 200lbs divide that by 2 = 100 oz.

Coffee, alcohol and sugary drinks don't count.

Seltzer water and regular water count.

Top Tips... Start your day off with a big 20 oz of water upon rising. Add lemon, oranges, limes or other fruits to your water for flavor. Get a straw cup as that usually increases intake. Carry a 32-ounce flask around everywhere you go and fill it several times a day.



My Physical State

It's important to know where you are to see how far you've come. Stay off the scale and only weigh yourself once a month. A better way to track your changes is by measurements and taking a before and after picture.

Day 1

Arm
Chest
Waist
Hip
Thigh
Calf
Weight

Day 30

Arm
Chest
Waist
Hip
Thigh
Calf
Weight

Day 60

Arm
Chest
Waist
Hip
Thigh
Calf
Weight

List any and all physical symptoms you currently experience:

List any and all medical diagnosis/lab results:

Clarity

Identify what makes you give up. Why do you quit on your goals and what triggers lead to self-sabotage? When does this happen? It is caused by traveling? Poor sleep? Binge watching TV? The presence of certain individuals?

What is one action you can change to set yourself up for success?

Goal Setting

Your Main Goal:

Why I want it:

Completion Date:

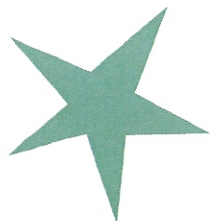
How I will celebrate:



Workout Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

It's important to move your body. I challenge you to move 6 days a week for 30 minutes a day. Try walking, running, weight training, yoga, a fitness class, pilates, basketball, etc. The goal is to move, but if you fail to plan you are planning to fail. Schedule your workouts above.



Understanding Digestion



Before you start your products, specifically the Probio5 (PB5) and Biocleanse (BC), determine how often you have a bowel movement. Understand that you may go through several changes in your digestion as your health transforms. Expect to make changes and adjust doses 3 to 4 times with my help. If your bowel movements are:

Constipated: Less than once a day or some time skip a day: Start with 4 (BC). Take 2 with your Slim drink and another 2 at bedtime. Take 1 PB5 at bedtime on an empty stomach.

Regular: 1-3 times a day (normal digestion): Start with 2 BC at bedtime. Take 1 PB5 at bedtime on an empty stomach.

Frequent: 4 or more times a day: Start with 1 BC and 1 PB5 at bedtime on an empty stomach.

Adjust BC and PB5 at day 5 as follows:

Constipated: still constipated increase to 6 BC a day, 3 am and 3 pm. Increase to 2 PB5 at bedtime on an empty stomach.

Regular: Increase to 3 BC and 2 PB5 at bedtime on an empty stomach.

Frequent: Too frequent still. Stay at 1 BC and increase to 2 PB5 at bedtime on an empty stomach.

At day 14 if you are still struggling with digestion, adjust as follows:

Constipation: If maxed on 6 BC, and already taking 2 PB5, consider adding Vitalbiome. Talk with your provider and consider, under his/her direction, temporarily taking Miralax once or adding Dulcolax. Sometimes you have to pre-clean the digestive track and once we get the back up cleared, the BC and PB5 and possibly Vitalbiome is enough. Taking these medications short term to help with the process is just for that reason.

Regular: Feeling good at 2-3 BC and 2 PB5? Stay at those doses.

Frequent: Stay at 1-2 BC until digestion begins to normalize. Typically people that have struggled with frequency end up taking 1-3 BC daily overtime.

Additional Digestive Notes:

If you continue to have intense sugar/carb cravings, increase PB5 to 3 or 4 at bedtime. PB5 helps with cravings. If BC and PB5 alone are not helping enough with your digestion, consider adding Vitalbiome, clinically proven to help with digestive issues. However, if you adjust your BC and PB5, make sure to try that adjustment for at least 5 days, unless it becomes really uncomfortable. Giving the body time to adjust is important. Changing your doses and times daily does not give your body a chance to equalize. Check in with your provider for help with any difficulties.

Bedtime Routine

The number of people who struggle with insomnia or difficulty sleeping is on the rise, but with some simple habit changes, most people would have an improvement in their sleep habits. Poor sleep leads to mood changes, increased cortisol levels, increased cravings for unhealthy foods, caffeine and alcohol, weight gain, poor immune function and digestive and cardiac issues. Don't let another week go by without creating a better night's sleep!

Circle the things that currently apply to your schedule in the last 2 hours before bed:

coffee	using your phone	shower
supplements	working	stretching
cooking	writing	packing lunches
journaling	smoking	lighting candles
exercise	computer time	drinking caffeine
TV time	studying	sitting in your pjs
meditation	driving	alone time with
eating		spouse

If you have a hard time sleeping, commit to new sleep habits. Pick 3.

- Avoid eating 2-3 hours before bed
- Do relaxing activities before bed. ie, hot bath, shower, journaling
- Have a set bedtime and stick to it.
- Freshen your bed linens.
- Use a white noise or fan
- Use soft lighting at night
- Stick to water or hot (decaffeinated) tea before bed.
- Turn off your devices in the hour leading up to bedtime.
- Remove the TV from your bedroom.



Detoxing

Detoxing is normal! It means the products are working, but we want to educate ourselves on what exactly detox means. Assume that every year you painted your walls a different color. As time passed, you layered color upon color. Finally, after thirty years, you found that the newest paint was not sticking properly because layers of paint underneath were cracking and coming off. Now you decide to strip all of the paint off the walls and give it a fresh coat. In the process of cleaning and stripping the walls, you see pieces from your previous years. Believe it or not, human bodies work similarly. As bodies store fat, the chemistry of the fat reflects the internal body conditions at the time the fat was stored. Each year, a residue of the viruses, bacteria, and toxins you were exposed to were stored in fatty deposits. Similar to the paint stripping analogy, as a body is cleansed, stored toxins, bacteria and viruses are released. As they are released, symptoms experienced with the particular malady or event associated with the toxin are re-experienced, albeit in a milder form.

As a precautionary note, some of your old suppressed symptoms may reappear or escalate (others may never experience noticeable detox). Die off symptoms can consist of almost anything, but the most common scenario is that you will have an exaggeration of whatever type of symptoms it is that you already experienced for the first week or two similar to those listed below:

Brain Fog	Depression	Nausea
Poor Concentration	Irritability	Dizziness
Tightness in the chest	Crankiness	Feeling sick all over
Heart Palpitations	Diarrhea	Intense Cravings for sweets or Carbs
Fatigue	Sinusitis	Cravings for Alcohol
Muscle and Joint Pain	Itching	Anxiety
Headaches	Constipation	Sore Throat
	Gas	

Tips:

- Drinking plenty of water helps the body eliminate released toxins.
- If fatigued, give the body rest.
- Putting two cups of Epsom salts in your bath water will also assist the detox process.
- The sulfur helps your body detox better and helps you get rid of the toxins faster.
- Add milk thistle to your routine to help your body detoxify.

Accountability

Research shows that people who begin a healthy lifestyle change with their friends and family on board tend to get the results they want. I encourage you to link arms with at least 1 but even better 4-5 people who want better health. You will hold each other accountable, encourage each other and see your health improve together. Who will start with you?

Keep in mind that sharing is a benefit to those you are giving better health to and for yourself in your Plexus business! Having accountability partners will help you stay on track and can encourage better health for them as well! As you enroll ambassadors under you, you will earn \$25 plus other fun commissions and prizes.

1. **Accountability Partners.** When you are starting a health change, it's important that you have accountability so you are successful on your products and with your health goals. This has been proven time and time again in the research literature. Finding between one and five friends is ideal.
2. **Sharing Health.** There are currently people who struggle with health issues every single day. Those people are looking for answers and waiting for answers. You have something that could potentially be an answer to their health issues. Wanting to help people is the best reason to share!
3. **Earning Credit.** When you share, you can earn anywhere from product credit to a full income! Some people love to simply have their products paid for; other people would like to make \$500/month and others want to make full-time income! Whatever you choose, it makes sense to receive credit for your products!



How to Share

Sharing is simple but it can seem intimidating if you aren't sure what to do or say. Here are our easy steps!

Step 1. Make a list of 20 people and add 10 people each week. Your 10 easiest to talk to and 10 best for the products.

Step 2. Make a first social media post. Consider posting regularly! Post stories, product information, and your experience 4 to 5 times per week.

Step 3. Reach out to the people on the list. Here is a sample message like this:

"Hey Sara! I hope you are doing well girl! I saw your post the other day about Johnny's asthma and it reminded me of my friend, Jessica. She uses the same stuff I do and it's helped her a ton. I don't know if it'd be the right fit for you, but if I sent you her story, would you want to read it?"

Step 4: Plan an event with your sponsor whatever your style. It's simple. Your sponsor can help you do an online event or an in-person gathering! These are friendly, fun and casual.

What do I need to focus on?

1. **Belief.** Believeing in yourself is fundamental to knowing you can share successfully. Working on your mindset is foundational for success. Without believeing in yourself or feeling like you have what it takes, you will not be able to help others.
2. **Learning.** Educate yourself and continue to learn something new every day. You don't need to be a doctor or be a medical professional to be an expert. Head to the virtual office to the training tab, where you can find 1 to 3 minute videos about products and the microbiome.

