

Reset Challenge RULES, TIPS, DETAILS at www.ResetYourBody.com



***How to measure your Total Inches**

- 1) Buy tailor's measuring tape
- 2) Measure 4 locations
 - a. Both upper arms (mid-bicep)
 - b. Waist (horizontal at navel)
 - c. Hips (at widest point below waist)
 - d. Both legs (mid-thigh)
- 3) Total those numbers for your Total Inches

Challenge #1 – The Water Challenge (10 days)

Start Date _____ Start Weight _____ *Total Inches _____

1 2 3 4 5 6 7 8 9 **10**

End Date _____ End Weight _____ Total Inches _____

Challenge #2 – 21 Salads Challenge (7-10 days)

Start Date _____ Start Weight _____ Total Inches _____

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 **21**

End Date _____ End Weight _____ Total Inches _____

Challenge #3 – No Bread Challenge Week

Start Date _____ Start Weight _____ Total Inches _____

1 2 3 4 5 6 **7**

End Date _____ End Weight _____ Total Inches _____

Challenge #4 – 10 Day No Sugar Challenge

Start Date _____ Start Weight _____ Total Inches _____

1 2 3 4 5 6 7 8 9 **10**

End Date _____ End Weight _____ Total Inches _____

Challenge #5 – 1 Day Reset

Date _____

Challenge #6 – Veggie Cleanse (10 Days)

Start Date _____ Start Weight _____ Total Inches _____

1 2 3 4 5 6 7 8 9 **10**

End Date _____ End Weight _____ Total Inches _____

Challenge #7 – Juice Cleanse (5 Days if 1st time)

Start Date _____ Start Weight _____ Total Inches _____

1 2 3 4 5 6 7 8 9 **10**

End Date _____ End Weight _____ Total Inches _____

Challenge #8 – Master Cleanse (10 days)

Start Date _____ Start Weight _____ Total Inches _____

1 2 3 4 5 6 7 8 9 **10**

End Date _____ End Weight _____ Total Inches _____