

GETTING STARTED GUIDE

Your journey to feeling lighter, stronger,
and more confident.



Ditch the sluggish mornings, foggy afternoons, and nonstop food noise.

Start feeling good in your body with a plant-powered
GLP-1 support and weight-management system.*

Helps your body
use fat efficiently
for energy*

Maintains healthy
blood sugar levels
already in the
normal range*



Helps support
GLP-1 production
and gut balance*

Designed for daily
balance—without
side effects

Your Journey Starts Now

GETTING STARTED

When you pair the Balance & Burn™ system with healthy habits, you set yourself up for results you can feel and keep.

This isn't about quick fixes or extreme routines. It's about steady, daily support to help your body use fat efficiently, maintain healthy blood sugar metabolism, and support GLP-1 production—so you can feel confident and in control of your progress.*

YOUR JOURNEY STARTS NOW



Take your Balance & Burn™ supplements each morning (you'll need to take them every day for 60 days).



Move your body for 30 minutes. It can be all at once or broken up throughout the day.



Hydrate with at least 64 ounces of water to support metabolism and energy.



Fuel your body with real food. Choose nutrient-dense, whole foods that energize and support your goals.

Measure your progress

The Balance & Burn™ System supports your whole wellness journey, not just the number on the scale. Measurements, progress pics, and your before-and-after assessment will help you see changes in body composition even if your weight stays the same.

Take your measurements before you start, once a week, and after 60 days.

For consistent tracking, measure and weigh yourself at the same time each week—ideally in the morning after using the bathroom and before eating.

STARTING DATE

PROGRESS PICTURE TIPS

Pictures tell a more complete story than the scale.
Here's how to capture your progress accurately:

01.

Wear form-fitting activewear or swimwear that shows your stomach.

02.

Stand against a plain wall and use the same spot each time.

03.

Take photos in natural daylight if possible, or a well-lit room.

04.

Stand tall, shoulders back, arms relaxed, and recreate the same pose each time.

ARMS
Stand up straight with one arm relaxed and find the midpoint between your shoulder bone and the elbow of that arm. Measure around your bicep.

START

Week 1

Week 2

Week 3

Week 4

Week 5

Week 6

Week 7

Week 8

END

CHEST
Measure around the fullest part of the chest.

START

Week 1

Week 2

Week 3

Week 4

Week 5

Week 6

Week 7

Week 8

END

HIPS
Measure the hips around the fullest part of your buttocks with your heels together.

START

Week 1

Week 2

Week 3

Week 4

Week 5

Week 6

Week 7

Week 8

END

WAIST
Measure your waist without holding the tape too tightly or too loosely. Your waist is the narrowest part of your torso, or approximately 1 inch above your belly button.

START

Week 1

Week 2

Week 3

Week 4

Week 5

Week 6

Week 7

Week 8

END

THIGH
Look for the midpoint between the lower part of the glutes and the back of the knee, or use the widest part of the thigh.

START

Week 1

Week 2

Week 3

Week 4

Week 5

Week 6

Week 7

Week 8

END

WEIGHT
Weigh yourself first thing in the morning after using the bathroom and before eating or drinking.

START

Week 1

Week 2

Week 3

Week 4

Week 5

Week 6

Week 7

Week 8

END

TOTAL WEIGHT LOST

TOTAL INCHES LOST

TIP: You'll need two full systems for the 60-day challenge. Order your second one before Week 4 to stay on track.

Assessment

Over the next 60 days, you won't just see a difference—you'll love living it! Use this assessment to track changes in how you feel and celebrate your non-scale victories.

As you focus on hydrating, moving your body, and eating healthy, the Balance & Burn™ System helps support your efforts, so your journey feels more fun, balanced, and achievable.

Answer each question honestly to get the clearest picture of your progress!

Rating scale:

- 0 = Never or almost never
- 1 = Occasionally, not severe
- 2 = Occasionally, severe
- 3 = Frequently, not severe
- 4 = Frequently, severe

ENERGY LEVELS	BEFORE	AFTER	DIFFERENCE
Occasional fatigue			
Persistent low energy			

DIGESTION	BEFORE	AFTER	DIFFERENCE
Nausea			
Bowel irregularity			
Belching or passing gas			
Occasional indigestion			

EMOTIONS	BEFORE	AFTER	DIFFERENCE
Feeling stressed			
Irritability or grumpiness			
Mood swings			
Feeling anxious or on edge			
Low mood or lack of joy			

LIFESTYLE	BEFORE	AFTER	DIFFERENCE
Difficulty sleeping			
Stress eating			
Irregular meal timing or skipping meals			
Cravings for junk or comfort food			
Cravings for nutrient-dense foods			
Bloating			
MIND	BEFORE	AFTER	DIFFERENCE
Poor concentration			
Forgetfulness			
Mental fog or sluggish thinking			
Difficulty staying motivated			
Feeling overwhelmed or mentally scattered			
Low drive or mental stamina			



Balance and Burn™ Daily Habits

MONTH

01

DAYS 1–30



1. Take your Balance & Burn™ supplements each morning (you'll need to take them every day for 60 days).



2. Move your body for 30 minutes. It can be all at once or broken up throughout the day.



3. Hydrate with at least 64 ounces of water to support metabolism and energy.



4. Fuel your body with real food. Choose nutrient-dense, whole foods that energize and support your goals.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
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Share your journey and results with us! | [#balanceandburn](#)

Balance and Burn™ Daily Habits

MONTH

02

DAYS 31-60



1. Take your Balance & Burn™ supplements each morning (you'll need to take them every day for 60 days).



2. Move your body for 30 minutes. It can be all at once or broken up throughout the day.



3. Hydrate with at least 64 ounces of water to support metabolism and energy.



4. Fuel your body with real food. Choose nutrient-dense, whole foods that energize and support your goals.

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