



slique<sup>®</sup> *in* 60

REGISTRATION PACKET

# WELCOME TO THE SLIQUE® IN 60 CHALLENGE

Congratulations on taking the first steps to embracing a healthier, happy you. We know that making lifestyle changes is not easy; that's why we created Slique products, the Slique in 60 challenge, and this handy guide to help you succeed. We've also included tips and tricks for every step along the way.

We will be sending out weekly emails with important information to help you achieve your goals and help you get the most out of your experience. In addition to the emails, we will be posting helpful tips, workouts, recipes, and other motivational and informational details in our private Slique in 60 Facebook group. Be sure to check out the Facebook group daily for all the great insights and to connect with others in the challenge!

We will be facilitating a 120-day challenge, with two phases of 60-day challenges. The first phase of the challenge will start on January 1 and run through March 1. The second phase will start on March 5 and run through May 4.

There will be prizes for both phases and for the entire 120-day challenge. It is possible to win prizes in all three stages of the challenge. To ensure your eligibility in all three, you must register in phase 1 and in phase 2. You will also need to submit results for both phases to be considered eligible for the 120-day prizes. For more details, please see the official rules on the Slique in 60 web page.

## WEIGHING YOURSELF

First off, you need to record your starting weight. Be sure to wear the same clothes each time you weigh yourself, choose tight-fitting clothes that won't add extra weight, and weigh yourself at the same time of day each time. To make it easy, we suggest weighing yourself after your first trip to the restroom immediately after you wake up in the morning.

Throughout the contest, we recommend not focusing too much on your weight, as it will fluctuate up and down a few pounds from day to day. The most important thing to remember with any exercise program or weight-loss regimen is that it's the little things over time that add up to the larger changes. We recommend weighing yourself only once a week and urge you to pay more attention to how you feel, your energy levels, attitude, and—eventually—how your clothes fit.

### REGISTER FOR PHASE 1 OF THE CHALLENGE.

Starting weight:	Date:	
Week 2 weight:	Date:	
Week 3 weight:	Date:	
Week 4 weight:	Date:	30 days!
Week 5 weight:	Date:	
Week 6 weight:	Date:	
Week 7 weight:	Date:	
Week 8 weight:	Date:	60 days! (120 Days!)

### REGISTER FOR PHASE 2 OF THE CHALLENGE.

Starting weight:	Date:
Week 2 weight:	Date:
Week 3 weight:	Date:
Week 4 weight:	Date:
Week 5 weight:	Date:
Week 6 weight:	Date:
Week 7 weight:	Date:
Week 8 weight:	Date:

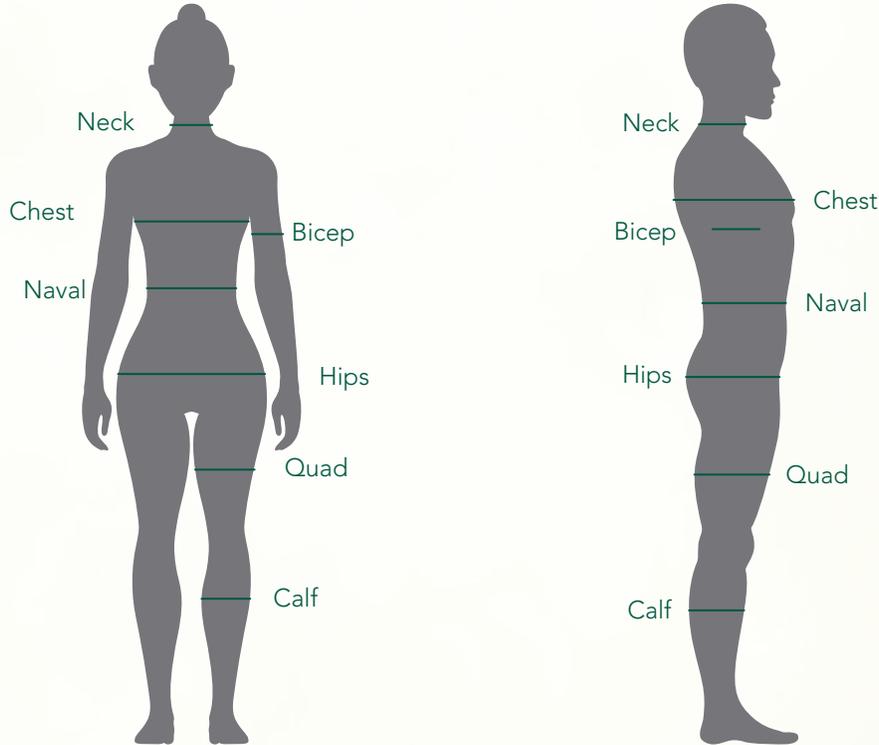
Submit your first 60-day results for your opportunity to win phase 1 prizes.

Submit your results for phase 2 and the 120-day challenge for the opportunity to win phase 2 and 120-day challenge prizes! Are you our new Slique in 60 champion?

# TAKING YOUR MEASUREMENTS

The next step is to record your starting measurements. To do this, you will need a cloth tape measure. These tapes are available in the sewing section of your favorite craft or discount retail store. Remember to wear the same tight-fitting clothes each time, so you don't add the thickness of the clothes. It is ideal to measure on bare skin when possible, and it is important to note that the tape should be snug on the surface of the skin but not indented into the skin. We recommend taking your measurements only once a month or waiting until you feel a difference in the way your clothes feel.

We have provided these illustrations to help you see the locations of each measurement. Using these points will also ensure that all participants are measuring the same places.



## PHASE 1

### STARTING MEASUREMENTS:

Neck:

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Right Bicep:

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Left Bicep:

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Chest:

---

Belly Button:

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Hips:

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Right Thigh:

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Left Thigh:

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Right Calf:

---

Left Calf:

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### END OF FIRST MONTH (PHASE 1) MEASUREMENTS:

Neck:

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Right Bicep:

---

Left Bicep:

---

Chest:

---

Belly Button:

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Hips:

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Right Thigh:

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Left Thigh:

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Right Calf:

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Left Calf:

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**PHASE 1/START OF FIRST MONTH OF PHASE 2**

**END OF SECOND MONTH MEASUREMENTS:**

Neck: \_\_\_\_\_

Right Bicep: \_\_\_\_\_

Left Bicep: \_\_\_\_\_

Chest: \_\_\_\_\_

Belly Button: \_\_\_\_\_

Hips: \_\_\_\_\_

Right Thigh: \_\_\_\_\_

Left Thigh: \_\_\_\_\_

Right Calf: \_\_\_\_\_

Left Calf: \_\_\_\_\_

**END OF FIRST MONTH (PHASE 2) MEASUREMENTS:**

Neck: \_\_\_\_\_

Right Bicep: \_\_\_\_\_

Left Bicep: \_\_\_\_\_

Chest: \_\_\_\_\_

Belly Button: \_\_\_\_\_

Hips: \_\_\_\_\_

Right Thigh: \_\_\_\_\_

Left Thigh: \_\_\_\_\_

Right Calf: \_\_\_\_\_

Left Calf: \_\_\_\_\_

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Submit your new measurements with your end of phase 1 results.  
Use these measurements as part of your registration for phase 2.

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**END OF SECOND MONTH (PHASE 2) MEASUREMENTS:**

Neck: \_\_\_\_\_

Right Bicep: \_\_\_\_\_

Left Bicep: \_\_\_\_\_

Chest: \_\_\_\_\_

Belly Button: \_\_\_\_\_

Hips: \_\_\_\_\_

Right Thigh: \_\_\_\_\_

Left Thigh: \_\_\_\_\_

Right Calf: \_\_\_\_\_

Left Calf: \_\_\_\_\_

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Submit your end of phase 2 measurements and 120-day results.

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# TAKE A BEFORE PHOTO

## CLOTHING FOR PHOTOS

It's important to start with a good photo. We suggest wearing the same clothes in both your before and after photos; it's easier for you to see your transformation that way. It's also important to take your photos in tighter-fitting clothes; yoga pants or leggings are good options. As with your measurements, it's important that your clothes fit snugly while not compressing too much for an accurate image of the transformation.

## POSES FOR PHOTOS

We need both a forward-facing and side-view photo. It is vital to give us an accurate view of your actual shape. There is no need to flex or suck in your belly—we want to see the real you!

## OTHER TIPS

We have provided some samples of the kinds of images we need. Take your photos in good lighting and against a solid-color background. Be sure to not cut off your head; we need to see your beautiful face! Your photos can be taken with a cell phone or digital camera for easy upload in the online registration and results process.



# SLIQUE IN 60 PRODUCT USE GUIDE

We all have different schedules, individual eating habits, and separate lives. You may wonder: How do I use the products? Where do I start? In addition to the Slique in 60 booklet that comes with each of the Slique collections, this outline will help assist you in developing the plan that works best for your needs.

The Slique program can be adapted to your needs. The most essential part is to stick with your plan and continue working, even if you slip up. Remember, as with all achievements, success isn't gained overnight; it will take time and consistency to reach your goals.

## BREAKFAST

Start your day by blending a Slique® Shake mix with some fresh fruit to create a delicious smoothie. Don't have time to get the blender out? Simply shake it up in your shaker cup with a couple drops of your favorite Vitality™ essential oil.

*During or after your shake, be sure to take your first Slique® CitraSlim packet.*

## MID-MORNING SNACK

Try a hot Slique® Tea or a Slique® Bar. The tea will help wake you up with a little energy, and the bar will keep you satisfied until lunch.

## LUNCH

This is where your food intake and nutritional habits really count. Look for lean protein sources with smaller portions and fewer carbohydrates. Pick options with raw veggies and stay away from fried or over-processed alternatives. Your lunch can be as simple and yummy as a light grilled chicken salad with vinegar and oil dressing. Watch out for the added sugar and calories in sodas and sweet desserts.

*During or after your lunch, be sure to take your second Slique CitraSlim packet.*

## DINNER

Dinner can be tricky. Something that really helps is consciously thinking about your portion sizes. Start small and allow yourself to add more if you are still hungry, but make sure to stop when you are content, not just gut-busting full. Again, look for lean protein sources and lots of veggies. Try not to go too heavy with sauces and dressings; there are a lot of added sugars and calories hiding in what we think makes our food taste better. This is where the use of the Vitality line can help a lot.

## OTHER TIPS

- Be sure to drink plenty of water. We need eight 8-ounce glasses per day. Add a few drops of Slique® Essence to punch up the flavor and add just enough sweetness.
- Slique Tea is a great way to cut down on empty calories. It will help start your morning or keep you going throughout the day.
- Reach for a piece of Slique Gum when cravings hit. It will provide a bit of sweetness until your next meal.
- Try eating your meals off smaller plates.
- Get your friends and family involved. You can help each other stay on track!

## EXERCISE

Get up and get moving!

Make sure you are getting your exercise time in. To be successful at weight loss, more calories must be expended than consumed. If physical activity habits aren't changed, lifestyle changes will not be made that are necessary for positive transformations.

To help with the workout portion of Slique in 60, we have joined forces with a great third-party app called PK Fitness. It is a free app you can find in the App Store or wherever you download applications for your phone or device. PK Fitness is a great tool to help you track, map, and share your workout efforts.

## CLOSING

Everyone is different, but we are all working toward improving our health and wellness. Keep your goals in mind and push yourself each day to do better than yesterday! It is in the small steps that the mountain summits are reached. Be sure to use this guide and the Slique in 60 booklet that will come with your Slique collection throughout the 120 days to ensure that you are getting the most out of your efforts. Good luck! We look forward to seeing your results at the end of the 60-day and 120-day challenges!

If you have any questions, please feel free to reach out to the Slique in 60 team via email at [sliquein60@youngliving.com](mailto:sliquein60@youngliving.com).

## AFTERNOON SNACK

Reaching for unplanned snacks can happen often before dinner. Instead, go for another Slique Tea, Slique Bar, or even just a piece of Slique® Gum. It is important to notice what is true hunger and what are developed cravings from past habits.

## AFTER-DINNER SNACKS

It is vital to not eat too late and to use caution around what we eat at night. A good rule of thumb is nothing after 8 p.m. If you are desperate for something later in the evening, look for good options such as a Slique Bar or an apple or other fruit with a good balance of fiber.