ageLOC®
TR90™

TR90™ Transform in 90
Handbook

ageLOC® TR90™

TR90™
Transform Your Life in 90 days

01 Product
02 Eating Plan
03 Exercise

TR90™ is an outstanding weight management system developed using the 20 years of NU SKIN's experience and the innovative ageLOC® technology. This system helps you regain your confidence and life value, let you predominate your life, your future! It is time to build a younger, healthier you! Let us make your dreams come true and hence, empower more individuals to improve their living standards.

Transform Your Life in 90 days

◉ Master gene expression science, reduce fat while promoting
   muscles maintenance, predominate a new anti-aging life,
   and empower yourself to improve lives of others!!
   Nourish the children in the poor areas.
   Transform the plump body to a colorful life!
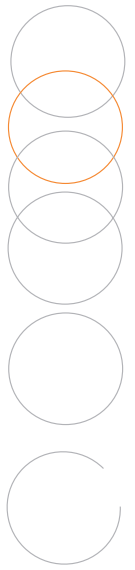
NOURISH THE CHILDREN™
AN INITIATIVE OF NU SKIN ENTERPRISES

NU SKIN.
THE DIFFERENCE.DEMONSTRATED.

TR90™ Transform in 90 Target Vow:

I _____

accept the TR90™ Transform in 90 challenge.

My Transform Index is _____

I start to plan and achieve the life goal of _____

and accept the care and guidance from my TR90™ advisor

_____

I am determined to achieve the following in 90 days:

Body Weight loss _____ kg

Body Fat Ratio reduce _____ %

Waistline size reduce _____ cm

Abdominal size reduce _____ cm

Date: _____

TR90™ Transform in 90

Before (Please wear form-fitting garments that can highlight your body figure
before transformation)

Before

Photo outfit guidelines:

Female: Outfit: Please wear two piece exercise clothing or swimsuit;
or a tight top + bottom
Hairstyle: Neat and tidy, clearly showing your facial features

Male: Upper Body: Fitted Vest or T-shirt; Lower Body: Dark and fitted shorts

Picture Posture: Recommended to put both hands on the waist and legs slightly apart
to show clearly your body curve.
Picture Background: Recommended to take the picture in front of white-painted walls.

After (Please wear form-fitting garments that can highlight your healthy curves after transformation)

After

Photo outfit guidelines:

Female: Outfit: Please wear two piece exercise clothing or swimsuit;
or a tight top + bottom
Hairstyle: Neat and tidy, clearly showing your facial features
Male: Upper Body: Fitted Vest or T-shirt; Lower Body: Dark and fitted shorts
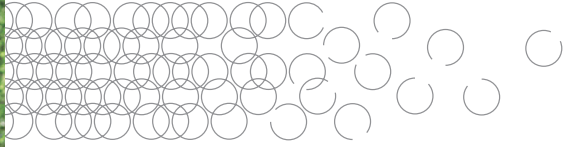
Picture Posture: Recommended to put both hands on the waist (same posture and background as the BEFORE picture). The photographer should take the photo from a lower to upper angle to show the body curve more clearly.

TR90™ Transform in 90

Name: _____   Height: _____ cm   Age: _____

	Transform	Target	1st Week	2nd Week	3rd Week	4th Week	5th Week	6th Week
	/ /	/ /	/ /	/ /	/ /	/ /	/ /	/ /
Weight (kg)								
Body Fat Ratio (%)								
Body Age								
BMI (Body Mass Index) = weight (kg)÷ height (m)^2								
Visceral Fat Index								
Body Muscle Ratio (%)								
Upper Right Arm (cm) The centre point between the arm and elbow (Please put your right hand on your waist when measuring) The measurement point is ___ cm below the arm								
Waistline (cm) Please measure around your torso where the bellybutton lies								
Abdominal (cm) Please measure around the fattest point of the abdomen The measurement point is ___ cm below the bellybutton								
Hip (cm) Please measure around the most prominent point of the hip The measurement point is ___ cm below the bellybutton								
Right Thigh (cm) Please measure around the fattest point of the thigh The measurement point is ___ cm below the waistline								
Right Calf (cm) Please measure around the fattest point of the calf The measurement point is ___ cm below the right knee								

	7th Week	8th Week	9th Week	10th Week	11th Week	12th Week	Difference	Yet to achieve
	/ /	/ /	/ /	/ /	/ /	/ /		
Weight (kg)								
Body Fat Ratio (%)								
Body Age								
BMI (Body Mass Index) = weight (kg)÷ height (m)^2								
Visceral Fat Index								
Body Muscle Ratio (%)								
Upper Right Arm (cm) The centre point between the arm and elbow (Please put your right hand on your waist when measuring) The measurement point is ___ cm below the arm								
Waistline (cm) Please measure around your torso where the bellybutton lies								
Abdominal (cm) Please measure around the fattest point of the abdomen The measurement point is ___ cm below the bellybutton								
Hip (cm) Please measure around the most prominent point of the hip The measurement point is ___ cm below the bellybutton								
Right Thigh (cm) Please measure around the fattest point of the thigh The measurement point is ___ cm below the waistline								
Right Calf (cm) Please measure around the fattest point of the calf The measurement point is ___ cm below the right knee								

- **Body Fat Ratio:**

Gender	< 30 years old	> 30 years old	Obese
Male	14-20%	17-23%	25% or above
Female	17-24%	20-27%	30% or above

(Information Source: Chinese Taipei Association for the Study of Obesity, CTASO)

- **Waistline:**

If the waistline, for male, exceeds 90 cm and for female, exceeds 80 cm, the individual is also referred to as 'Obese'.
(Information Source: World Health Organization, WHO)

- **Body Mass Index (BMI)**

Body Mass Index (BMI) = Weight (kg) / Height (m^2)

	Body Mass Index (BMI) (kg/m^2)
Underweight	BMI < 18.5
Normal	$18.5 \leq BMI < 24$
Abnormal	Overweight: $24 \leq BMI < 27$ Slightly Obese: $27 \leq BMI < 30$ Obese: $30 \leq BMI < 35$ Severely Obese: $BMI \geq 35$

(Information Source: World Health Organization, WHO)

TR90™ Transform in 90

Unique formulae and technique
Build a better you, predominate a new life value and create a new peak in your life.

The TR90™ program products include the JUMPSTART, FIT, CONTROL and TRIMSHAKE®. Via the TR90™ program's unique formulae, together with a healthy eating habit and physical exercises, you can reset a totally different attitude towards life. It allows you to regain the control of your life, your confidence and your charm. You can now start pursuing a happy, perfect life.
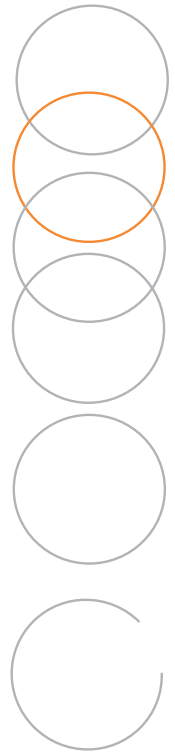
◉ ageLOC® TR90™ JUMPSTART

Instruction:

Mix 1 packet in 60-240 ml of cold/warm water or favorite beverage. Drink each morning for the first 15 days of the TR90™ program.

◉ ageLOC® TR90™ FIT

Instruction:
Take 2 capsules twice daily.
For best results, take 15-20 minutes before meals.

◉ ageLOC® TR90™ CONTROL

Instruction:
Take 2 capsules twice daily.
For best results, take 15-20 minutes before meals.

◉ ageLOC® TR90™ TRIMSHAKE®

Instruction:
Add 1 packet of ageLOC® TR90™ TRIMSHAKE® powder to 240ml of cold/warm water or skimmed milk.
Blend or shake vigorously.

Directions for Use:

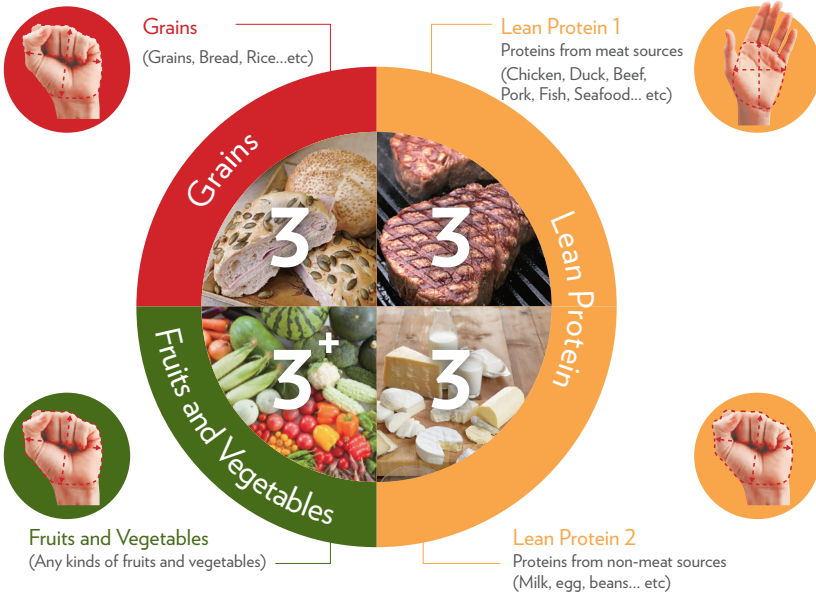|	Breakfast	Lunch	Dinner
JUMPSTART (first 15 days) (During Meal)	1 Packet mix and consume with water or juice		
FIT (15-20 minutes before meal)	2 Capsules	2 Capsules	
CONTROL (15-20 minutes before meal)	2 Capsules	2 Capsules	
TR90™ TRIMSHAKE® (During Meal)			1 Packet

TR90™ Transform in 90

Balanced eating habit and nutrition.

Support new eating and exercise habits, nourish the whole world.

1. Lead a green life
   - Consume local food; reduce unnecessary energy costs and carbon dioxide release
   - Pick food of the season
   - Avoid wastage
2. Choose a diverse range of food to maintain a balanced nutrition
3. Have a correct eating concept; do not let yourself have an empty stomach
   - Regular time; regular portion; eat slowly; have light meals and drink more water
   - Avoid fried or deep-fried food; consume more of the colorful, natural, healthy and unprocessed food
   - Consuming alcohol is equivalent to consuming oil
4. Stick to the 3333⁺ eating principle
5. Do not forget the food record tracking and always refer to the nutrition labels
6. Do not keep any food that belongs to the Red Light category around you

▶ 3333⁺ Eating Principle

Grains
(Grains, Bread, Rice...etc)

Lean Protein 1
Proteins from meat sources
(Chicken, Duck, Beef, Pork, Fish, Seafood... etc)

Grains — 3

Lean Protein — 3

Fruits and Vegetables — 3⁺

3

Fruits and Vegetables
(Any kinds of fruits and vegetables)

Lean Protein 2
Proteins from non-meat sources
(Milk, egg, beans... etc)

★ One packet TR90™ TRIMSHAKE® =
1 fist size of Lean Protein from non-meat sources + 1 fist size of Grains

★ Take enough lean protein every day, and keep balance in each meal.

	Breakfast	Lunch	Dinner
Lean Protein	2	2	2
Grains	1	1	1
Fruits and Vegetables	1	1	1

▶ **Food Categories:**

Food Categories:		Food Example
Lean Proteins	Proteins from meat sources	Fish, Seafood, Pork, Beef, Lamb, Chicken, Duck, Goose (remove skin and fat)
	Proteins from non-meat sources	Egg, Milk, Goat Milk, Powdered Milk, Low Fat Cheese, Sugar Free Yoghurt, Soybeans and its products (Bean curd, Yuba), Green Soya Beans, Black Beans
Grains		Rice, Noodles, Congee, Sweet Corn, Sweet Potato, Potato, Red Bean, Green Bean, Vermicelli, Steamed Bread, Bread, Toast, Rice Balls, Chestnut, Red Carrots
Fruits and Vegetables	Vegetables	Spinach, Choi Sum, Sprouts, White Gourd, Green Pepper, Aubergine, Tomato, Asparagus, Baby Corn, Seaweed, Onions, Radish, Dried Mushroom, Mushroom, Celery
	Fruits	Orange, Apple, Pomegranate, Banana, Strawberry, Papaya, Mango, Cherry Tomato, Grapefruit, Grapes, Pineapple, Wax-Apple, Melon, Watermelon, Star Fruit, Pear, Peach, Kiwi Fruit, Cherry, Lychee, Durian

Principles to choose food:

1. 'Stop at red, go at green and cautious at yellow', can guarantee you a life-long healthy body shape.
2. Consume local food, reduce unnecessary energy costs, reduce carbon dioxide release and help to improve the ecosystem.
3. Avoid food wastage. Try our best to alleviate the world's starving problem.

The definition of Green Light food category: Sufficient nutrients can facilitate a better health. Food that belongs to this category is mainly fresh, natural, and original. Calories, oil and sugar levels are relatively low.

Green Light Food

Lean Proteins	Proteins from meat sources	Steamed Fish, Boiled Lean Meat, Steamed Seafood, Skinless Roasted Chicken or Duck, Boiled Prawns, Sea Cucumber (cooked with less oil)
	Proteins from non-meat sources	Steamed Egg, Boiled Egg, Bean Curd Salad, Soy Milk (less sugar or sugar free), Skimmed Milk, Semi-Skimmed Milk, Low Sugar Low Fat Yoghurt
Grains		Brown Rice, Toast, Vermicelli, Noodles, Steamed Bread, Roasted Sweet Potato/Yam/Potato, Porridge, Plain Sauce Noodles, Baguette, Brown Bread, Boiled Sweet Corn, Fried Chestnut, Sushi
Fruits and Vegetables	Vegetables	Any kinds of boiled vegetables or salad
	Fruits	Any kinds of fresh fruits (Excluding avocado and durian)
Others		Sugar Free Drinks, Sweetener Drinks, Low Calorie Coke, Low Sugar Jelly, Black Fungus

Definition of Yellow Light food category: Nutritional, average calorie level, oil and sugar level slightly high.

Yellow Light Food:

Lean Proteins	Proteins from meat sources	Fried Chicken Wings, Salted Fish, Dried Beef, Dried Squid
	Proteins from non-meat sources	Fried Eggs, Salted Egg, Whole Milk, Yoghurt, Cheese, Bean Curd Dessert
Grains		Sponge Cake, High Fiber Biscuits
Fruits and Vegetables	Vegetables	Pickle Vegetables, Fried vegetables (less oil)
	Fruits	100% Pure Fruit Juice, Dried Fruits (No added sugar)
Others		Jelly, Low-sugar Drinks

Definition of Red Light food category: Low nutritional value, high calorie, oil and sugar level.

💡 Red Light Food

Lean Proteins	Proteins from meat sources	Stewed Beef Flanks, Hot Dog, Stewed Pork Belly, Fried Spam, Baked Bolognese, Canned Food, Roasted Sausages, Deep-fried Chicken
	Proteins from non-meat sources	Scrambled Egg, Frozen Yogurt, Condensed Milk, Ice Cream, Deep-fried Bean Curd, Yakult
Grains		Fried Rice, Fried Noodles, Glutinous Rice, Popcorn, Pie, Pizza, Instant Noodles, Fried Dumplings, Buttery Bread, Danish Pasties, Donut, Croissant, French Fries, Potato Crisps, Butter Cake
Fruits and Vegetables	Vegetables	Deep-fried Vegetables, Aubergine Pot
	Fruits	Canned Fruit, Jam, Durian, Avocado
Others		Ordinary Soft Drinks, Juice, Energy Drinks, Candy, Chocolate, Ice Cream, Pearl Milk Tea

Eat smart for a good figure. Choose the green cooking methods:

Steam	Salad	Stew	Deep-fried	Pastry
Cook (less oil)	Boil	Simmer	Stir-fried	Braise
Grill	Smoke	Pickle	Bake	Boiled in chili oil
Soy-stewed	Soup	Pan-fried	Mix	Fried

Might easily absorb too much oil

Might absorb too much sodium

Might absorb too much sodium and oil

Tips !

Grill ▸ if the food needs to be pickled for long time, or is spread with calorie-dense sauces, please classify it as yellow light or red light based on the oil and sugar level of the sauces

Smoke ▸ if the food needs to be pickled for long time, or the salt level is high, please classify it as yellow light or red light.

▶ You can eat like this!

Meal	Food (need to track all the food that you have eaten) Cooked method and food name	Quantity	Portion (fist or palm size)	3333+ Calculation			
				Leaned proteins		Grains and Legumes	Fruits and Vegetables
				Proteins from meat sources	Proteins from non-meat sources		
Breakfast 7：30 ≀ 8：00	Chicken fillet, fried egg with fresh baked bun. Bun Chicken fillet Fried Egg Small grapes	1 1 piece 2 8-10 pieces	1 fist size 1 palm size 1 fist size 1 fist size	1	1	1	1
Lunch 12：00 ≀ 13：00	Scrambled Egg with Shrimps (less oil) Scrambled Egg Shrimps Scrambled Bean Curb Boiled Vegetables Rice	1 piece 5-6 pieces 0.5 bowl 1 bowl 0.5 bowl	0.5 fist size 1 palm size 0.5 fist size 1 fist size 1 fist size	1	0.5 0.5	1	1
Dinner 18：00 ≀ 19：00	Tips ! One packet TR90™ TRIMSHAKE® contains 1 fist size of Lean Protein from non-meat sources and 1 fist size of Grains, you can take another 1 palm size of Protein from meat sources and 1 fist size of Fruits and Vegetables. TR90™ TRIMSHAKE® Stewed Beef Flank with Radish Beef Flank (Less fat) Radish Cherry Tomato	1 packet 1 palm size 0.5 fist size 5 pieces	1 fist size 1 palm size 0.5 fist size 0.5 fist size	1	1	1	0.5 0.5
Total				3	3	3	3

▶ You can eat like this!

Meal	Food (need to track all the food that you have eaten) Cooked method and food name	Quantity	Portion (fist or palm size)	3333+ Calculation			
				Leaned proteins		Grains and Legumes	Fruits and Vegetables
				Proteins from meat sources	Proteins from non-meat sources		
Breakfast 7：30 ≀ 8：00	Beef Congee Congee Beef	1 bowl 1 palm size	1 fist size 1 palm size	1		1	
	Sugar free soymilk Strawberry	250ml 5-6 pieces	1 fist size 1 fist size		1		1
Lunch 12：00 ≀ 13：00	Fried eggs and onions pork chop Pork chop Onions Fried eggs	0.5 piece 0.5 fist size 1	1 palm size 0.5 fist size 0.5 fist size	1	0.5		0.5
	Rice	0.5 bowl	1 fist size			1	
	Steamed black fungus with enoki mushroom	0.25 bowl	0.5 fist size				0.5
	Low fat yoghurt	1 cup	0.5 fist size		0.5		
Dinner 18：00 ≀ 19：00	TR90™ TRIMSHAKE®	1 packet	1 fist size		1	1	
	Marinated chicken thigh (skinless and no sauce)	1 palm size	1 palm size	1			
	Boiled vegetables	1 bowl	1 fist size				1
Total				3	3	3	3

Tips ! One packet TR90™ TRIMSHAKE® contains 1 fist size of Lean Protein from non-meat sources and 1 fist size of Grains, you can take another 1 palm size of Protein from meat sources and 1 fist size of Fruits and Vegetables.
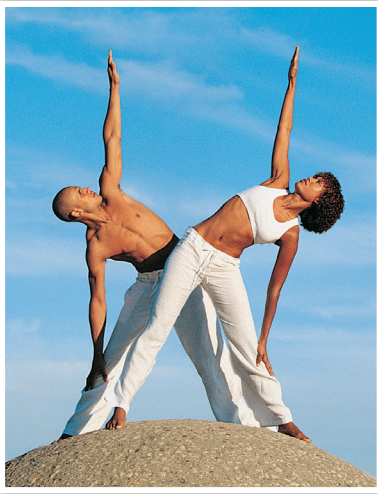
TR90™ Transform in 90

Appropriate amount of stretching and exercising can improve your metabolism and heart activities, allowing you to lead a new anti-aging life.

Exercising can improve physical abilities and healthiness. In order to maintain good levels of stamina and to fight against aging, it is important for all of us to exercise daily.

◂ Anaerobic Exercises

A combination of slow speed and slow movements. They are activities that are suitable for long term practices, for example: Yoga, Tai Chi, Pilate, Qigong, Muscle Training etc. This type of exercises uses the principles of low force but high persistency. Although the actions are simple, they are very delicate, require lots of focus, control and balance. At the same time, you can benefit from the relaxation of muscle, the building of a better body shape, the relieve of stress, and a better health. The measuring standard of these advantages is not only based on living a healthier life, but also a happier one.

Aerobic Exercises ▸

Refers to a long duration of a single physical activity, controls the exercising intensity and raises breathing and heartbeat ratio appropriately. Aerobic exercises burns down the glucose and stored fat inside our bodies. It is recommended to exercise for at least 30 minutes every time because our bodies only start burning fat after around 20 minutes of aerobic activities.

	Pairing products	Breakfast / First meal after waking up (Please tick if consumed)	Lunch (Please tick if consumed)	Dinner (Please tick if consumed)
Breakfast	JUMPSTART			
Before Meal	FIT			
	CONTROL			
During Meal	TR90™ TRIMSHAKE®			
Other NU SKIN products: LifePak® / Tegreen 97® / R²				

Meal	Food (need to track all the food that you have eaten) Cooked method and food name	Quantity	Portion (fist or palm size)	3333+ Calculation			
				Leaned proteins		Grains and Legumes	Fruits and Vegetables
				Proteins from meat sources	Proteins from non-meat sources		
Breakfast : ₹ :							
Lunch : ₹ :							
Dinner : ₹ :							
Total							

Exercise Type	Exercise Duration

Remarks:

	Pairing products	Breakfast / First meal after waking up (Please tick if consumed)	Lunch (Please tick if consumed)	Dinner (Please tick if consumed)
Breakfast	JUMPSTART			
Before Meal	FIT			
	CONTROL			
During Meal	TR90™ TRIMSHAKE®			

Other NU SKIN products: LifePak® / Tegreen 97® / R²

Meal	Food (need to track all the food that you have eaten) Cooked method and food name	Quantity	Portion (fist or palm size)	3333+ Calculation			
				Leaned proteins		Grains and Legumes	Fruits and Vegetables
				Proteins from meat sources	Proteins from non-meat sources		
Breakfast : ≀ :							
Lunch : ≀ :							
Dinner : ≀ :							
	Total						

Exercise Type	Exercise Duration

Remarks:

	Pairing products	Breakfast / First meal after waking up (Please tick if consumed)	Lunch (Please tick if consumed)	Dinner (Please tick if consumed)
Breakfast	JUMPSTART			
Before Meal	FIT			
	CONTROL			
During Meal	TR90™ TRIMSHAKE®			
Other NU SKIN products: LifePak® / Tegreen 97® / R²				

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				Proteins from meat sources	Proteins from non-meat sources		
Breakfast : ₹ :							
Lunch : ₹ :							
Dinner : ₹ :							
Total							

Exercise Type	Exercise Duration

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	Pairing products	Breakfast / First meal after waking up (Please tick if consumed)	Lunch (Please tick if consumed)	Dinner (Please tick if consumed)
Breakfast	JUMPSTART			
Before Meal	FIT			
	CONTROL			
During Meal	TR90™ TRIMSHAKE®			
Other NU SKIN products: LifePak® / Tegreen 97® / R²				

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				Proteins from meat sources	Proteins from non-meat sources		
Breakfast : ₹ :							
Lunch : ₹ :							
Dinner : ₹ :							
	Total						

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	Pairing products	Breakfast / First meal after waking up (Please tick if consumed)	Lunch (Please tick if consumed)	Dinner (Please tick if consumed)
Breakfast	JUMPSTART			
Before Meal	FIT			
	CONTROL			
During Meal	TR90™ TRIMSHAKE®			
Other NU SKIN products: LifePak® / Tegreen 97® / R²				

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				Leaned proteins		Grains and Legumes	Fruits and Vegetables
				Proteins from meat sources	Proteins from non-meat sources		
Breakfast : ? :							
Lunch : ? :							
Dinner : ? :							
Total							

Exercise Type	Exercise Duration

Remarks:

	Pairing products	Breakfast / First meal after waking up (Please tick if consumed)	Lunch (Please tick if consumed)	Dinner (Please tick if consumed)
Breakfast	JUMPSTART			
Before Meal	FIT			
	CONTROL			
During Meal	TR90™ TRIMSHAKE®			

Other NU SKIN products: LifePak® / Tegreen 97® / R²

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				Proteins from meat sources	Proteins from non-meat sources		
Breakfast : ₹ :							
Lunch : ₹ :							
Dinner : ₹ :							
Total							

Exercise Type	Exercise Duration

Remarks:

	Pairing products	Breakfast / First meal after waking up (Please tick if consumed)	Lunch (Please tick if consumed)	Dinner (Please tick if consumed)
Breakfast	JUMPSTART			
Before Meal	FIT			
	CONTROL			
During Meal	TR90™ TRIMSHAKE®			
Other NU SKIN products: LifePak® / Tegreen 97® / R²				

Meal	Food (need to track all the food that you have eaten) Cooked method and food name	Quantity	Portion (fist or palm size)	3333+ Calculation			
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Breakfast : ₹ :							
Lunch : ₹ :							
Dinner : ₹ :							
Total							

Exercise Type	Exercise Duration

Remarks:

	Pairing products	Breakfast / First meal after waking up (Please tick if consumed)	Lunch (Please tick if consumed)	Dinner (Please tick if consumed)
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Before Meal	FIT			
	CONTROL			
During Meal	TR90™ TRIMSHAKE®			
Other NU SKIN products: LifePak® / Tegreen 97® / R²				

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Breakfast : ₹ :							
Lunch : ₹ :							
Dinner : ₹ :							
Total							

Exercise Type	Exercise Duration

Remarks:

	Pairing products	Breakfast / First meal after waking up (Please tick if consumed)	Lunch (Please tick if consumed)	Dinner (Please tick if consumed)
Breakfast	JUMPSTART			
Before Meal	FIT			
	CONTROL			
During Meal	TR90™ TRIMSHAKE®			

Other NU SKIN products: LifePak® / Tegreen 97® / R²

Meal	Food (need to track all the food that you have eaten) Cooked method and food name	Quantity	Portion (fist or palm size)	3333+ Calculation		Grains and Legumes	Fruits and Vegetables
				Leaned proteins			
				Proteins from meat sources	Proteins from non-meat sources		
Breakfast : ₹ :							
Lunch : ₹ :							
Dinner : ₹ :							
Total							

Exercise Type	Exercise Duration

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Breakfast	JUMPSTART			
Before Meal	FIT			
	CONTROL			
During Meal	TR90™ TRIMSHAKE®			

Other NU SKIN products: LifePak® / Tegreen 97® / R²

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Breakfast : ₹ :							
Lunch : ₹ :							
Dinner : ₹ :							
	Total						

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During Meal	TR90™ TRIMSHAKE®			
Other NU SKIN products: LifePak® / Tegreen 97® / R²				

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				Proteins from meat sources	Proteins from non-meat sources		
Breakfast : ₹ :							
Lunch : ₹ :							
Dinner : ₹ :							
Total							

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	Pairing products	Breakfast / First meal after waking up (Please tick if consumed)	Lunch (Please tick if consumed)	Dinner (Please tick if consumed)
Breakfast	JUMPSTART			
Before Meal	FIT			
	CONTROL			
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Other NU SKIN products: LifePak® / Tegreen 97® / R²

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				Proteins from meat sources	Proteins from non-meat sources		
Breakfast : ₹ :							
Lunch : ₹ :							
Dinner : ₹ :							
	Total						

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Breakfast	JUMPSTART			
Before Meal	FIT			
	CONTROL			
During Meal	TR90™ TRIMSHAKE®			
Other NU SKIN products: LifePak® / Tegreen 97® / R²				

Meal	Food (need to track all the food that you have eaten) Cooked method and food name	Quantity	Portion (fist or palm size)	3333+ Calculation			
				Leaned proteins		Grains and Legumes	Fruits and Vegetables
				Proteins from meat sources	Proteins from non-meat sources		
Breakfast : ₹ :							
Lunch : ₹ :							
Dinner : ₹ :							
	Total						

Exercise Type	Exercise Duration

Remarks:

	Pairing products	Breakfast / First meal after waking up (Please tick if consumed)	Lunch (Please tick if consumed)	Dinner (Please tick if consumed)
Breakfast	JUMPSTART			
Before Meal	FIT			
	CONTROL			
During Meal	TR90™ TRIMSHAKE®			

Other NU SKIN products: LifePak® / Tegreen 97® / R²

Meal	Food (need to track all the food that you have eaten) Cooked method and food name	Quantity	Portion (fist or palm size)	3333+ Calculation			
				Leaned proteins		Grains and Legumes	Fruits and Vegetables
				Proteins from meat sources	Proteins from non-meat sources		
Breakfast : ≀ :							
Lunch : ≀ :							
Dinner : ≀ :							
	Total						

Exercise Type	Exercise Duration

Remarks:

	Pairing products	Breakfast / First meal after waking up (Please tick if consumed)	Lunch (Please tick if consumed)	Dinner (Please tick if consumed)
Breakfast	JUMPSTART			
Before Meal	FIT			
	CONTROL			
During Meal	TR90™ TRIMSHAKE®			
Other NU SKIN products: LifePak® / Tegreen 97® / R²				

Meal	Food (need to track all the food that you have eaten) Cooked method and food name	Quantity	Portion (fist or palm size)	3333+ Calculation			
				Leaned proteins		Grains and Legumes	Fruits and Vegetables
				Proteins from meat sources	Proteins from non-meat sources		
Breakfast : ⁊ :							
Lunch : ⁊ :							
Dinner : ⁊ :							
Total							

Exercise Type	Exercise Duration

Remarks:

	Pairing products	Breakfast / First meal after waking up (Please tick if consumed)	Lunch (Please tick if consumed)	Dinner (Please tick if consumed)
Breakfast	JUMPSTART			
Before Meal	FIT			
	CONTROL			
During Meal	TR90™ TRIMSHAKE®			

Other NU SKIN products: LifePak® / Tegreen 97® / R²

Meal	Food (need to track all the food that you have eaten) Cooked method and food name	Quantity	Portion (fist or palm size)	3333+ Calculation			
				Leaned proteins		Grains and Legumes	Fruits and Vegetables
				Proteins from meat sources	Proteins from non-meat sources		
Breakfast : ₹ :							
Lunch : ₹ :							
Dinner : ₹ :							
	Total						

Exercise Type	Exercise Duration

Remarks:

	Pairing products	Breakfast / First meal after waking up (Please tick if consumed)	Lunch (Please tick if consumed)	Dinner (Please tick if consumed)
Breakfast	JUMPSTART			
Before Meal	FIT			
	CONTROL			
During Meal	TR90™ TRIMSHAKE®			
Other NU SKIN products: LifePak® / Tegreen 97® / R²				

Meal	Food (need to track all the food that you have eaten) Cooked method and food name	Quantity	Portion (fist or palm size)	3333+ Calculation			
				Leaned proteins		Grains and Legumes	Fruits and Vegetables
				Proteins from meat sources	Proteins from non-meat sources		
Breakfast : ₹ :							
Lunch : ₹ :							
Dinner : ₹ :							
Total							

Exercise Type	Exercise Duration

Remarks:

	Pairing products	Breakfast / First meal after waking up (Please tick if consumed)	Lunch (Please tick if consumed)	Dinner (Please tick if consumed)
Breakfast	JUMPSTART			
Before Meal	FIT			
	CONTROL			
During Meal	TR90™ TRIMSHAKE®			
Other NU SKIN products: LifePak® / Tegreen 97® / R²				

Meal	Food (need to track all the food that you have eaten) Cooked method and food name	Quantity	Portion (fist or palm size)	3333+ Calculation			
				Leaned proteins		Grains and Legumes	Fruits and Vegetables
				Proteins from meat sources	Proteins from non-meat sources		
Breakfast : ≀ :							
Lunch : ≀ :							
Dinner : ≀ :							
Total							

Exercise Type	Exercise Duration

Remarks:

	Pairing products	Breakfast / First meal after waking up (Please tick if consumed)	Lunch (Please tick if consumed)	Dinner (Please tick if consumed)
Breakfast	JUMPSTART			
Before Meal	FIT			
	CONTROL			
During Meal	TR90™ TRIMSHAKE®			

Other NU SKIN products: LifePak® / Tegreen 97® / R²

Meal	Food (need to track all the food that you have eaten) Cooked method and food name	Quantity	Portion (fist or palm size)	3333+ Calculation			
				Leaned proteins		Grains and Legumes	Fruits and Vegetables
				Proteins from meat sources	Proteins from non-meat sources		
Breakfast : ₹ :							
Lunch : ₹ :							
Dinner : ₹ :							
Total							

Exercise Type	Exercise Duration

Remarks:

	Pairing products	Breakfast / First meal after waking up (Please tick if consumed)	Lunch (Please tick if consumed)	Dinner (Please tick if consumed)
Breakfast	JUMPSTART			
Before Meal	FIT			
	CONTROL			
During Meal	TR90™ TRIMSHAKE®			

Other NU SKIN products: LifePak® / Tegreen 97® / R^2

Meal	Food (need to track all the food that you have eaten) Cooked method and food name	Quantity	Portion (fist or palm size)	Leaned proteins Proteins from meat sources	Proteins from non-meat sources	Grains and Legumes	Fruits and Vegetables
Breakfast : ₹ :							
Lunch : ₹ :							
Dinner : ₹ :							
	Total						

Exercise Type	Exercise Duration

Remarks:

	Pairing products	Breakfast / First meal after waking up (Please tick if consumed)	Lunch (Please tick if consumed)	Dinner (Please tick if consumed)
Breakfast	JUMPSTART			
Before Meal	FIT			
	CONTROL			
During Meal	TR90™ TRIMSHAKE®			

Other NU SKIN products: LifePak® / Tegreen 97® / R²

Meal	Food (need to track all the food that you have eaten) Cooked method and food name	Quantity	Portion (fist or palm size)	3333+ Calculation			
				Leaned proteins		Grains and Legumes	Fruits and Vegetables
				Proteins from meat sources	Proteins from non-meat sources		
Breakfast : ₹ :							
Lunch : ₹ :							
Dinner : ₹ :							
Total							

Exercise Type	Exercise Duration

Remarks:

	Pairing products	Breakfast / First meal after waking up (Please tick if consumed)	Lunch (Please tick if consumed)	Dinner (Please tick if consumed)
Breakfast	JUMPSTART			
Before Meal	FIT			
	CONTROL			
During Meal	TR90™ TRIMSHAKE®			

Other NU SKIN products: LifePak® / Tegreen 97® / R²

Meal	Food (need to track all the food that you have eaten) Cooked method and food name	Quantity	Portion (fist or palm size)	3333+ Calculation			
				Leaned proteins		Grains and Legumes	Fruits and Vegetables
				Proteins from meat sources	Proteins from non-meat sources		
Breakfast : ₹ :							
Lunch : ₹ :							
Dinner : ₹ :							
Total							

Exercise Type	Exercise Duration

Remarks:

	Pairing products	Breakfast / First meal after waking up (Please tick if consumed)	Lunch (Please tick if consumed)	Dinner (Please tick if consumed)
Breakfast	JUMPSTART			
Before Meal	FIT			
	CONTROL			
During Meal	TR90™ TRIMSHAKE®			
Other NU SKIN products: LifePak® / Tegreen 97® / R²				

Meal	Food (need to track all the food that you have eaten) Cooked method and food name	Quantity	Portion (fist or palm size)	3333+ Calculation			
				Leaned proteins		Grains and Legumes	Fruits and Vegetables
				Proteins from meat sources	Proteins from non-meat sources		
Breakfast : ₹ :							
Lunch : ₹ :							
Dinner : ₹ :							
Total							

Exercise Type	Exercise Duration

Remarks:

	Pairing products	Breakfast / First meal after waking up (Please tick if consumed)	Lunch (Please tick if consumed)	Dinner (Please tick if consumed)
Breakfast	JUMPSTART			
Before Meal	FIT			
	CONTROL			
During Meal	TR90™ TRIMSHAKE®			

Other NU SKIN products: LifePak® / Tegreen 97® / R²

Meal	Food (need to track all the food that you have eaten) Cooked method and food name	Quantity	Portion (fist or palm size)	3333+ Calculation			
				Leaned proteins		Grains and Legumes	Fruits and Vegetables
				Proteins from meat sources	Proteins from non-meat sources		
Breakfast : ₹ :							
Lunch : ₹ :							
Dinner : ₹ :							
	Total						

Exercise Type	Exercise Duration

Remarks:

	Pairing products	Breakfast / First meal after waking up (Please tick if consumed)	Lunch (Please tick if consumed)	Dinner (Please tick if consumed)
Breakfast	JUMPSTART			
Before Meal	FIT			
	CONTROL			
During Meal	TR90™ TRIMSHAKE®			
Other NU SKIN products: LifePak® / Tegreen 97® / R²				

Meal	Food (need to track all the food that you have eaten) Cooked method and food name	Quantity	Portion (fist or palm size)	3333+ Calculation			
				Leaned proteins		Grains and Legumes	Fruits and Vegetables
				Proteins from meat sources	Proteins from non-meat sources		
Breakfast : ₹ :							
Lunch : ₹ :							
Dinner : ₹ :							
Total							

Exercise Type	Exercise Duration

Remarks:

	Pairing products	Breakfast / First meal after waking up (Please tick if consumed)	Lunch (Please tick if consumed)	Dinner (Please tick if consumed)
Breakfast	JUMPSTART			
Before Meal	FIT			
	CONTROL			
During Meal	TR90™ TRIMSHAKE®			

Other NU SKIN products: LifePak® / Tegreen 97® / R²

Meal	Food (need to track all the food that you have eaten) Cooked method and food name	Quantity	Portion (fist or palm size)	3333+ Calculation		Grains and Legumes	Fruits and Vegetables
				Leaned proteins			
				Proteins from meat sources	Proteins from non-meat sources		
Breakfast : ₹ :							
Lunch : ₹ :							
Dinner : ₹ :							
Total							

Exercise Type	Exercise Duration

Remarks:

	Pairing products	Breakfast / First meal after waking up (Please tick if consumed)	Lunch (Please tick if consumed)	Dinner (Please tick if consumed)
Breakfast	JUMPSTART			
Before Meal	FIT			
	CONTROL			
During Meal	TR90™ TRIMSHAKE®			

Other NU SKIN products: LifePak® / Tegreen 97® / R²

Meal	Food (need to track all the food that you have eaten) Cooked method and food name	Quantity	Portion (fist or palm size)	3333+ Calculation			
				Leaned proteins		Grains and Legumes	Fruits and Vegetables
				Proteins from meat sources	Proteins from non-meat sources		
Breakfast : ₹ :							
Lunch : ₹ :							
Dinner : ₹ :							
	Total						

Exercise Type	Exercise Duration

Remarks:

	Pairing products	Breakfast / First meal after waking up (Please tick if consumed)	Lunch (Please tick if consumed)	Dinner (Please tick if consumed)
Breakfast	JUMPSTART			
Before Meal	FIT			
	CONTROL			
During Meal	TR90™ TRIMSHAKE®			

Other NU SKIN products: LifePak® / Tegreen 97® / R²

Meal	Food (need to track all the food that you have eaten) Cooked method and food name	Quantity	Portion (fist or palm size)	3333+ Calculation			
				Leaned proteins		Grains and Legumes	Fruits and Vegetables
				Proteins from meat sources	Proteins from non-meat sources		
Breakfast : ₹ :							
Lunch : ₹ :							
Dinner : ₹ :							
	Total						

Exercise Type	Exercise Duration

Remarks:

	Pairing products	Breakfast / First meal after waking up (Please tick if consumed)	Lunch (Please tick if consumed)	Dinner (Please tick if consumed)
Breakfast	JUMPSTART			
Before Meal	FIT			
	CONTROL			
During Meal	TR90™ TRIMSHAKE®			
Other NU SKIN products: LifePak® / Tegreen 97® / R²				

Meal	Food (need to track all the food that you have eaten) Cooked method and food name	Quantity	Portion (fist or palm size)	3333+ Calculation			
				Leaned proteins		Grains and Legumes	Fruits and Vegetables
				Proteins from meat sources	Proteins from non-meat sources		
Breakfast : ₹ :							
Lunch : ₹ :							
Dinner : ₹ :							
Total							

Exercise Type	Exercise Duration

Remarks:

	Pairing products	Breakfast / First meal after waking up (Please tick if consumed)	Lunch (Please tick if consumed)	Dinner (Please tick if consumed)
Breakfast	JUMPSTART			
Before Meal	FIT			
	CONTROL			
During Meal	TR90™ TRIMSHAKE®			

Other NU SKIN products: LifePak® / Tegreen 97® / R²

Meal	Food (need to track all the food that you have eaten) Cooked method and food name	Quantity	Portion (fist or palm size)	3333+ Calculation			
				Leaned proteins		Grains and Legumes	Fruits and Vegetables
				Proteins from meat sources	Proteins from non-meat sources		
Breakfast : ₹ :							
Lunch : ₹ :							
Dinner : ₹ :							
Total							

Exercise Type	Exercise Duration

Remarks:

	Pairing products	Breakfast / First meal after waking up (Please tick if consumed)	Lunch (Please tick if consumed)	Dinner (Please tick if consumed)
Breakfast	JUMPSTART			
Before Meal	FIT			
	CONTROL			
During Meal	TR90™ TRIMSHAKE®			
Other NU SKIN products: LifePak® / Tegreen 97® / R²				

Meal	Food (need to track all the food that you have eaten) Cooked method and food name	Quantity	Portion (fist or palm size)	3333+ Calculation			
				Leaned proteins		Grains and Legumes	Fruits and Vegetables
				Proteins from meat sources	Proteins from non-meat sources		
Breakfast : ₹ :							
Lunch : ₹ :							
Dinner : ₹ :							
Total							

Exercise Type	Exercise Duration

Remarks:

	Pairing products	Breakfast / First meal after waking up (Please tick if consumed)	Lunch (Please tick if consumed)	Dinner (Please tick if consumed)
Breakfast	JUMPSTART			
Before Meal	FIT			
	CONTROL			
During Meal	TR90™ TRIMSHAKE®			

Other NU SKIN products: LifePak® / Tegreen 97® / R²

Meal	Food (need to track all the food that you have eaten) Cooked method and food name	Quantity	Portion (fist or palm size)	3333+ Calculation			
				Leaned proteins		Grains and Legumes	Fruits and Vegetables
				Proteins from meat sources	Proteins from non-meat sources		
Breakfast : ≀ :							
Lunch : ≀ :							
Dinner : ≀ :							
Total							

Exercise Type	Exercise Duration

Remarks:

	Pairing products	Breakfast / First meal after waking up (Please tick if consumed)	Lunch (Please tick if consumed)	Dinner (Please tick if consumed)
Breakfast	JUMPSTART			
Before Meal	FIT			
	CONTROL			
During Meal	TR90™ TRIMSHAKE®			

Other NU SKIN products: LifePak® / Tegreen 97® / R²

Meal	Food (need to track all the food that you have eaten) Cooked method and food name	Quantity	Portion (fist or palm size)	3333+ Calculation			
				Leaned proteins		Grains and Legumes	Fruits and Vegetables
				Proteins from meat sources	Proteins from non-meat sources		
Breakfast : ₹ :							
Lunch : ₹ :							
Dinner : ₹ :							
Total							

Exercise Type	Exercise Duration

Remarks:

	Pairing products	Breakfast / First meal after waking up (Please tick if consumed)	Lunch (Please tick if consumed)	Dinner (Please tick if consumed)
Breakfast	JUMPSTART			
Before Meal	FIT			
	CONTROL			
During Meal	TR90™ TRIMSHAKE®			

Other NU SKIN products: LifePak® / Tegreen 97® / R²

Meal	Food (need to track all the food that you have eaten) Cooked method and food name	Quantity	Portion (fist or palm size)	3333+ Calculation			
				Leaned proteins		Grains and Legumes	Fruits and Vegetables
				Proteins from meat sources	Proteins from non-meat sources		
Breakfast : ₹ :							
Lunch : ₹ :							
Dinner : ₹ :							
	Total						

Exercise Type	Exercise Duration

Remarks:

	Pairing products	Breakfast / First meal after waking up (Please tick if consumed)	Lunch (Please tick if consumed)	Dinner (Please tick if consumed)
Breakfast	JUMPSTART			
Before Meal	FIT			
	CONTROL			
During Meal	TR90™ TRIMSHAKE®			

Other NU SKIN products: **LifePak® / Tegreen 97® / R²**

Meal	Food (need to track all the food that you have eaten) Cooked method and food name	Quantity	Portion (fist or palm size)	3333+ Calculation			
				Leaned proteins		Grains and Legumes	Fruits and Vegetables
				Proteins from meat sources	Proteins from non-meat sources		
Breakfast : ₹ :							
Lunch : ₹ :							
Dinner : ₹ :							
Total							

Exercise Type	Exercise Duration

Remarks:

	Pairing products	Breakfast / First meal after waking up (Please tick if consumed)	Lunch (Please tick if consumed)	Dinner (Please tick if consumed)
Breakfast	JUMPSTART			
Before Meal	FIT			
	CONTROL			
During Meal	TR90™ TRIMSHAKE®			

Other NU SKIN products: LifePak® / Tegreen 97® / R²

Meal	Food (need to track all the food that you have eaten) Cooked method and food name	Quantity	Portion (fist or palm size)	3333+ Calculation			
				Leaned proteins		Grains and Legumes	Fruits and Vegetables
				Proteins from meat sources	Proteins from non-meat sources		
Breakfast : ₹ :							
Lunch : ₹ :							
Dinner : ₹ :							
Total							

Exercise Type	Exercise Duration

Remarks:

	Pairing products	Breakfast / First meal after waking up (Please tick if consumed)	Lunch (Please tick if consumed)	Dinner (Please tick if consumed)
Breakfast	JUMPSTART			
Before Meal	FIT			
	CONTROL			
During Meal	TR90™ TRIMSHAKE®			

Other NU SKIN products: LifePak® / Tegreen 97® / R²

Meal	Food (need to track all the food that you have eaten) Cooked method and food name	Quantity	Portion (fist or palm size)	3333+ Calculation			
				Leaned proteins		Grains and Legumes	Fruits and Vegetables
				Proteins from meat sources	Proteins from non-meat sources		
Breakfast : ≀ :							
Lunch : ≀ :							
Dinner : ≀ :							
	Total						

Exercise Type	Exercise Duration

Remarks:

	Pairing products	Breakfast / First meal after waking up (Please tick if consumed)	Lunch (Please tick if consumed)	Dinner (Please tick if consumed)
Breakfast	JUMPSTART			
Before Meal	FIT			
	CONTROL			
During Meal	TR90™ TRIMSHAKE®			

Other NU SKIN products: LifePak® / Tegreen 97® / R²

Meal	Food (need to track all the food that you have eaten) Cooked method and food name	Quantity	Portion (fist or palm size)	3333+ Calculation		Grains and Legumes	Fruits and Vegetables
				Leaned proteins			
				Proteins from meat sources	Proteins from non-meat sources		
Breakfast : ≀ :							
Lunch : ≀ :							
Dinner : ≀ :							
Total							

Exercise Type	Exercise Duration

Remarks:

	Pairing products	Breakfast / First meal after waking up (Please tick if consumed)	Lunch (Please tick if consumed)	Dinner (Please tick if consumed)
Breakfast	JUMPSTART			
Before Meal	FIT			
	CONTROL			
During Meal	TR90™ TRIMSHAKE®			

Other NU SKIN products: LifePak® / Tegreen 97® / R²

Meal	Food (need to track all the food that you have eaten) Cooked method and food name	Quantity	Portion (fist or palm size)	3333+ Calculation		Grains and Legumes	Fruits and Vegetables
				Leaned proteins			
				Proteins from meat sources	Proteins from non-meat sources		
Breakfast : ℨ :							
Lunch : ℨ :							
Dinner : ℨ :							
Total							

Exercise Type	Exercise Duration

Remarks:

	Pairing products	Breakfast / First meal after waking up (Please tick if consumed)	Lunch (Please tick if consumed)	Dinner (Please tick if consumed)
Breakfast	JUMPSTART			
Before Meal	FIT			
	CONTROL			
During Meal	TR90™ TRIMSHAKE®			

Other NU SKIN products: LifePak® / Tegreen 97® / R²

Meal	Food (need to track all the food that you have eaten) Cooked method and food name	Quantity	Portion (fist or palm size)	3333+ Calculation			
				Leaned proteins		Grains and Legumes	Fruits and Vegetables
				Proteins from meat sources	Proteins from non-meat sources		
Breakfast : ₹ :							
Lunch : ₹ :							
Dinner : ₹ :							
	Total						

Exercise Type	Exercise Duration

Remarks:

	Pairing products	Breakfast / First meal after waking up (Please tick if consumed)	Lunch (Please tick if consumed)	Dinner (Please tick if consumed)
Breakfast	JUMPSTART			
Before Meal	FIT			
	CONTROL			
During Meal	TR90™ TRIMSHAKE®			

Other NU SKIN products: LifePak® / Tegreen 97® / R²

Meal	Food (need to track all the food that you have eaten) Cooked method and food name	Quantity	Portion (fist or palm size)	3333+ Calculation		Grains and Legumes	Fruits and Vegetables
				Leaned proteins			
				Proteins from meat sources	Proteins from non-meat sources		
Breakfast : ≀ :							
Lunch : ≀ :							
Dinner : ≀ :							
Total							

Exercise Type	Exercise Duration

Remarks:

	Pairing products	Breakfast / First meal after waking up (Please tick if consumed)	Lunch (Please tick if consumed)	Dinner (Please tick if consumed)
Breakfast	JUMPSTART			
Before Meal	FIT			
	CONTROL			
During Meal	TR90™ TRIMSHAKE®			

Other NU SKIN products: LifePak® / Tegreen 97® / R²

Meal	Food (need to track all the food that you have eaten) Cooked method and food name	Quantity	Portion (fist or palm size)	3333+ Calculation			
				Leaned proteins		Grains and Legumes	Fruits and Vegetables
				Proteins from meat sources	Proteins from non-meat sources		
Breakfast : ₹ :							
Lunch : ₹ :							
Dinner : ₹ :							
Total							

Exercise Type	Exercise Duration

Remarks:

	Pairing products	Breakfast / First meal after waking up (Please tick if consumed)	Lunch (Please tick if consumed)	Dinner (Please tick if consumed)
Breakfast	JUMPSTART			
Before Meal	FIT			
	CONTROL			
During Meal	TR90™ TRIMSHAKE®			
Other NU SKIN products: LifePak® / Tegreen 97® / R²				

Meal	Food (need to track all the food that you have eaten) Cooked method and food name	Quantity	Portion (fist or palm size)	3333+ Calculation			
				Leaned proteins		Grains and Legumes	Fruits and Vegetables
				Proteins from meat sources	Proteins from non-meat sources		
Breakfast : ₹ :							
Lunch : ₹ :							
Dinner : ₹ :							
Total							

Exercise Type	Exercise Duration

Remarks:

	Pairing products	Breakfast / First meal after waking up (Please tick if consumed)	Lunch (Please tick if consumed)	Dinner (Please tick if consumed)
Breakfast	JUMPSTART			
Before Meal	FIT			
	CONTROL			
During Meal	TR90™ TRIMSHAKE®			

Other NU SKIN products: LifePak® / Tegreen 97® / R²

Meal	Food (need to track all the food that you have eaten) Cooked method and food name	Quantity	Portion (fist or palm size)	3333+ Calculation			
				Leaned proteins		Grains and Legumes	Fruits and Vegetables
				Proteins from meat sources	Proteins from non-meat sources		
Breakfast : ₹ :							
Lunch : ₹ :							
Dinner : ₹ :							
	Total						

Exercise Type	Exercise Duration

Remarks:

	Pairing products	Breakfast / First meal after waking up (Please tick if consumed)	Lunch (Please tick if consumed)	Dinner (Please tick if consumed)
Breakfast	JUMPSTART			
Before Meal	FIT			
	CONTROL			
During Meal	TR90™ TRIMSHAKE®			

Other NU SKIN products: LifePak® / Tegreen 97® / R²

Meal	Food (need to track all the food that you have eaten) Cooked method and food name	Quantity	Portion (fist or palm size)	3333+ Calculation			
				Leaned proteins		Grains and Legumes	Fruits and Vegetables
				Proteins from meat sources	Proteins from non-meat sources		
Breakfast : ₹ :							
Lunch : ₹ :							
Dinner : ₹ :							
Total							

Exercise Type	Exercise Duration

Remarks:

	Pairing products	Breakfast / First meal after waking up (Please tick if consumed)	Lunch (Please tick if consumed)	Dinner (Please tick if consumed)
Breakfast	JUMPSTART			
Before Meal	FIT			
	CONTROL			
During Meal	TR90™ TRIMSHAKE®			

Other NU SKIN products: LifePak® / Tegreen 97® / R²

Meal	Food (need to track all the food that you have eaten) Cooked method and food name	Quantity	Portion (fist or palm size)	3333+ Calculation			
				Leaned proteins		Grains and Legumes	Fruits and Vegetables
				Proteins from meat sources	Proteins from non-meat sources		
Breakfast : ≀ :							
Lunch : ≀ :							
Dinner : ≀ :							
	Total						

Exercise Type	Exercise Duration

Remarks:

	Pairing products	Breakfast / First meal after waking up (Please tick if consumed)	Lunch (Please tick if consumed)	Dinner (Please tick if consumed)
Breakfast	JUMPSTART			
Before Meal	FIT			
	CONTROL			
During Meal	TR90™ TRIMSHAKE®			

Other NU SKIN products: LifePak® / Tegreen 97® / R²

Meal	Food (need to track all the food that you have eaten) Cooked method and food name	Quantity	Portion (fist or palm size)	3333+ Calculation			
				Leaned proteins		Grains and Legumes	Fruits and Vegetables
				Proteins from meat sources	Proteins from non-meat sources		
Breakfast : ≀ :							
Lunch : ≀ :							
Dinner : ≀ :							
Total							

Exercise Type	Exercise Duration

Remarks:

	Pairing products	Breakfast / First meal after waking up (Please tick if consumed)	Lunch (Please tick if consumed)	Dinner (Please tick if consumed)
Breakfast	JUMPSTART			
Before Meal	FIT			
	CONTROL			
During Meal	TR90™ TRIMSHAKE®			

Other NU SKIN products: LifePak® / Tegreen 97® / R²

Meal	Food (need to track all the food that you have eaten) Cooked method and food name	Quantity	Portion (fist or palm size)	3333+ Calculation			
				Leaned proteins		Grains and Legumes	Fruits and Vegetables
				Proteins from meat sources	Proteins from non-meat sources		
Breakfast : ₹ :							
Lunch : ₹ :							
Dinner : ₹ :							
	Total						

Exercise Type	Exercise Duration

Remarks:

	Pairing products	Breakfast / First meal after waking up (Please tick if consumed)	Lunch (Please tick if consumed)	Dinner (Please tick if consumed)
Breakfast	JUMPSTART			
Before Meal	FIT			
	CONTROL			
During Meal	TR90™ TRIMSHAKE®			
Other NU SKIN products: LifePak® / Tegreen 97® / R²				

Meal	Food (need to track all the food that you have eaten) Cooked method and food name	Quantity	Portion (fist or palm size)	3333+ Calculation			
				Leaned proteins		Grains and Legumes	Fruits and Vegetables
				Proteins from meat sources	Proteins from non-meat sources		
Breakfast : ≀ :							
Lunch : ≀ :							
Dinner : ≀ :							
	Total						

Exercise Type	Exercise Duration

Remarks:

	Pairing products	Breakfast / First meal after waking up (Please tick if consumed)	Lunch (Please tick if consumed)	Dinner (Please tick if consumed)
Breakfast	JUMPSTART			
Before Meal	FIT			
	CONTROL			
During Meal	TR90™ TRIMSHAKE®			

Other NU SKIN products: LifePak® / Tegreen 97® / R²

Meal	Food (need to track all the food that you have eaten) Cooked method and food name	Quantity	Portion (fist or palm size)	3333+ Calculation			
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Breakfast	JUMPSTART			
Before Meal	FIT			
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Breakfast	JUMPSTART			
Before Meal	FIT			
	CONTROL			
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Breakfast	JUMPSTART			
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Before Meal	FIT			
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Breakfast	JUMPSTART			
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Breakfast	JUMPSTART			
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				Leaned proteins		Grains and Legumes	Fruits and Vegetables
				Proteins from meat sources	Proteins from non-meat sources		
Breakfast : ₹ :							
Lunch : ₹ :							
Dinner : ₹ :							
	Total						

Exercise Type	Exercise Duration

Remarks:

	Pairing products	Breakfast / First meal after waking up (Please tick if consumed)	Lunch (Please tick if consumed)	Dinner (Please tick if consumed)
Breakfast	JUMPSTART			
Before Meal	FIT			
	CONTROL			
During Meal	TR90™ TRIMSHAKE®			
Other NU SKIN products: LifePak® / Tegreen 97® / R²				

Meal	Food (need to track all the food that you have eaten) Cooked method and food name	Quantity	Portion (fist or palm size)	3333+ Calculation			
				Leaned proteins		Grains and Legumes	Fruits and Vegetables
				Proteins from meat sources	Proteins from non-meat sources		
Breakfast : ₹ :							
Lunch : ₹ :							
Dinner : ₹ :							
	Total						

Exercise Type	Exercise Duration

Remarks:

	Pairing products	Breakfast / First meal after waking up (Please tick if consumed)	Lunch (Please tick if consumed)	Dinner (Please tick if consumed)
Breakfast	JUMPSTART			
Before Meal	FIT			
	CONTROL			
During Meal	TR90™ TRIMSHAKE®			

Other NU SKIN products: LifePak® / Tegreen 97® / R²

Meal	Food (need to track all the food that you have eaten) Cooked method and food name	Quantity	Portion (fist or palm size)	3333+ Calculation			
				Leaned proteins		Grains and Legumes	Fruits and Vegetables
				Proteins from meat sources	Proteins from non-meat sources		
Breakfast : ₹ :							
Lunch : ₹ :							
Dinner : ₹ :							
	Total						

Exercise Type	Exercise Duration

Remarks:

	Pairing products	Breakfast / First meal after waking up (Please tick if consumed)	Lunch (Please tick if consumed)	Dinner (Please tick if consumed)
Breakfast	JUMPSTART			
Before Meal	FIT			
	CONTROL			
During Meal	TR90™ TRIMSHAKE®			

Other NU SKIN products: LifePak® / Tegreen 97® / R²

Meal	Food (need to track all the food that you have eaten) Cooked method and food name	Quantity	Portion (fist or palm size)	3333+ Calculation			
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Breakfast : ₹ :							
Lunch : ₹ :							
Dinner : ₹ :							
Total							

Exercise Type	Exercise Duration

Remarks:

	Pairing products	Breakfast / First meal after waking up (Please tick if consumed)	Lunch (Please tick if consumed)	Dinner (Please tick if consumed)
Breakfast	JUMPSTART			
Before Meal	FIT			
	CONTROL			
During Meal	TR90™ TRIMSHAKE®			

Other NU SKIN products: LifePak® / Tegreen 97® / R²

Meal	Food (need to track all the food that you have eaten) Cooked method and food name	Quantity	Portion (fist or palm size)	3333+ Calculation			
				Leaned proteins		Grains and Legumes	Fruits and Vegetables
				Proteins from meat sources	Proteins from non-meat sources		
Breakfast : ₹ :							
Lunch : ₹ :							
Dinner : ₹ :							
Total							

Exercise Type	Exercise Duration

Remarks:

	Pairing products	Breakfast / First meal after waking up (Please tick if consumed)	Lunch (Please tick if consumed)	Dinner (Please tick if consumed)
Breakfast	JUMPSTART			
Before Meal	FIT			
	CONTROL			
During Meal	TR90™ TRIMSHAKE®			

Other NU SKIN products: LifePak® / Tegreen 97® / R²

Meal	Food (need to track all the food that you have eaten) Cooked method and food name	Quantity	Portion (fist or palm size)	3333+ Calculation			
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Breakfast : ₹ :							
Lunch : ₹ :							
Dinner : ₹ :							
Total							

Exercise Type	Exercise Duration

Remarks:

	Pairing products	Breakfast / First meal after waking up (Please tick if consumed)	Lunch (Please tick if consumed)	Dinner (Please tick if consumed)
Breakfast	JUMPSTART			
Before Meal	FIT			
	CONTROL			
During Meal	TR90™ TRIMSHAKE®			

Other NU SKIN products: LifePak® / Tegreen 97® / R²

Meal	Food (need to track all the food that you have eaten) Cooked method and food name	Quantity	Portion (fist or palm size)	3333+ Calculation			
				Leaned proteins		Grains and Legumes	Fruits and Vegetables
				Proteins from meat sources	Proteins from non-meat sources		
Breakfast : ₹ :							
Lunch : ₹ :							
Dinner : ₹ :							
	Total						

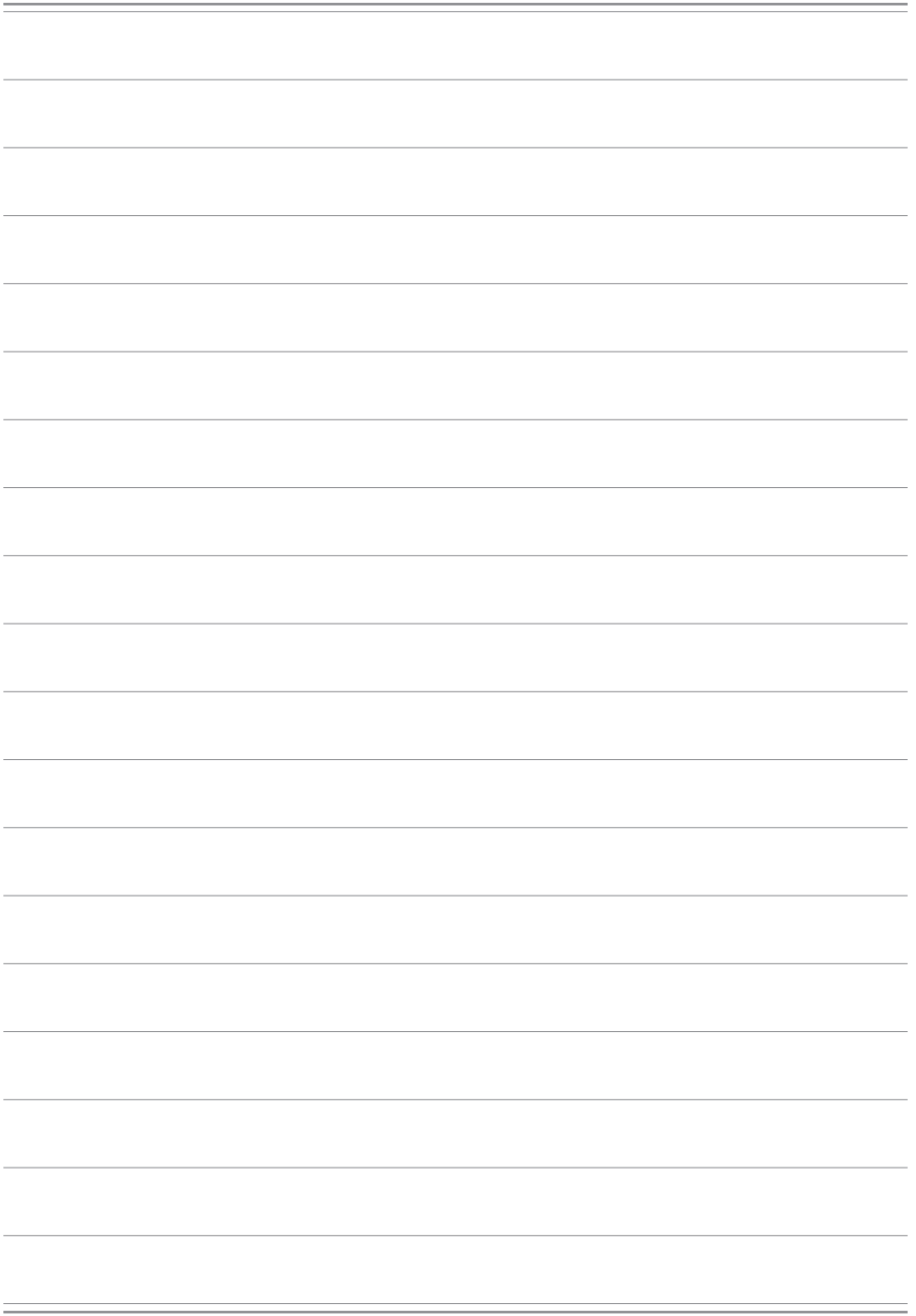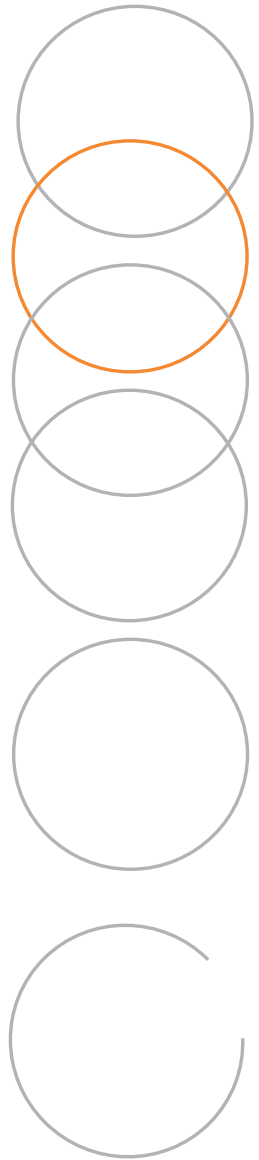| Exercise Type	Exercise Duration

Remarks:

	Pairing products	Breakfast / First meal after waking up (Please tick if consumed)	Lunch (Please tick if consumed)	Dinner (Please tick if consumed)
Breakfast	JUMPSTART			
Before Meal	FIT			
	CONTROL			
During Meal	TR90™ TRIMSHAKE®			

Other NU SKIN products: LifePak® / Tegreen 97® / R²

Meal	Food (need to track all the food that you have eaten) Cooked method and food name	Quantity	Portion (fist or palm size)	3333+ Calculation			
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				Proteins from meat sources	Proteins from non-meat sources		
Breakfast : ₹ :							
Lunch : ₹ :							
Dinner : ₹ :							
	Total						

Exercise Type	Exercise Duration

Remarks:

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