



90 Day Program

Month 1: Purchase the SLMsmart Activation Pack

- Take a “Before” picture
- Begin using SLMsmart products. Remember, Body Cleanse is only used for the first seven days. Adhere to the Essential Foods Plan and do your best to follow the 2-2-3-3-6+ serving guide.
- Exercise for 30 minutes, five days each week. It doesn’t have to be incredibly intense—just get your body moving!

Month 2 & 3: Purchase the SLMsmart Pack

- Begin each month with another seven days of Body Cleanse
- Continue using SLMsmart products.
- Continue to follow the Essential Foods Plan
- Consider increasing the intensity of your 30 minute exercises
- At the end of the 90 days, take an “After” picture.

Once you complete the 90 day Program, the way you look and feel will be a tremendous improvement. You will have incorporated healthy habits to change your lifestyle. Most people experience a 10% reduction in total body weight within 90 days—a healthy weight loss rate optimal for maintenance.

Remember to order your SLMsmart Packs for month 2 and month 3 ahead of time. Don't be left with empty shelves that lead to unhealthy convenience-eating or groaning stomachs. You're on your way to the beginning of a new you and SLMsmart will be the catalyst to get you there.

Need additional details? Refer to your SLMsmart System Guide often, and visit SLMsmart.com anytime.