

WELCOME TO YOUR ULTIMATE LIFESTYLE TRANSFORMATION



ULT Schedule & Progress Tracker

Your Ultimate Lifestyle Transformation Begins NOW

Purium's proven lifestyle transformation program has been the blueprint for lasting change for hundreds of thousands of people. For each of them, it started with a decision. A decision to create a better life and commit to their own well being. At Purium, we are confident this pack gives you everything you need to begin your transformation. Built around four core nutrition products, it is simple to follow and designed to support your health, fitness, and aesthetic goals. Be proud of your commitment. Stay consistent. Transform your life.

Core Nutrition: The Foundation of every ULT pack

Power Shake

Nourishing Greens



May help:

- Energy Levels
- Reduce Cravings
- Detoxify Cells
- Satisfy Hunger
- Burn Fat

Dark Berry Protein

Anti-Aging Collagen Support



May help:

- Collagen Production
- Focus & Memory
- Healthy Glucose Levels
- Heart Health

Biome Medic

Supports a Healthy Gut Microbiome



May help:

- Detoxify Glyphosate Digestion
- Bloating Immunity
- Healthy C-Reactive Protein Levels

Alpha Omega

Algae Sourced DHA + EPA



May help:

- Brain and cognitive health
- Visual health
- Heart and cardiovascular wellness
- Healthy inflammatory response

Super Amino 23

Vegan Protein



May help:

- Create Lean Muscle
- Burn Fat
- Elasticity (tighten skin)
- Mental Function

Sleep Nightly

Deep Restorative Sleep Support



May help:

- Promote relaxation before bedtime
- Falling and staying asleep
- Morning clarity
- Nervous system resilience

Super CleansR

Parasite Cleanse



May help:

- Healthy Bowel Function
- Release Toxins and Buildup
- Elimination of Parasites

SUPER CLEANSR:

Super CleansR is formulated for use in months 1 and 2 of your ULT, over a 40-day period. This includes two 10-day periods of use, separated by a 20-day period of non-use. During the 10-day use period, take 2 capsules in the morning and 2 capsules midday with a shake or food. For best results, follow the ULT Schedule & Progress Tracker closely (found in this guide). Super CleansR is not intended for everyday or prolonged consumption.

SCAN TO
LEARN MORE
ABOUT OUR
PRODUCTS



DON'T FORGET TO EAT!

This program is not about depriving yourself of food. Listen to your body, drink your shakes, and consume regular meals and snacks! To maximize weight loss, be mindful of caloric intake, opt for foods listed on page 4, and replace 1-2 meals per day with a shake.

DON'T FORGET TO DRINK WATER!

Remember to drink a minimum of 1/2 your body weight in ounces of water per day in addition to the water used to make shakes.



The Transformation Formula

SUBTRACTION BY ADDITION

The ULT floods your body with nutrient-rich superfoods without requiring harsh restrictions on your diet. By meeting your nutritional needs with high-quality foods, cravings and habits that stem from undernourishment naturally lessen. Soon, taste buds shift, and stress-eating comfort foods are no longer so comforting.

Opt for foods on the Lifestyle Meal Inspiration food list (listed on page 4) and try replacing 1 - 2 meals per day with a ULT core nutrition shake to accelerate your transformation and weight loss.

WHAT TO EXPECT: LIFESTYLE TRANSFORMATION MILESTONES MAKE A COMMITMENT • STAY CONSISTENT • BE TRANSFORMED

PHASE 1: MAKE A COMMITMENT



- Reset habits, taste buds, and cravings
- Your first package includes a 30-day supply of products, a portable, rechargeable blender for shakes on the go and a detailed 90-day tracker
- This pack is less than \$13/day and may* replace up to 2 meals a day!

Benefits

- Alkalinize your body
- Build muscle
- Improve sleep
- Curb cravings
- Increase energy
- Eliminate toxins
- Burn fat
- Enhance mental clarity
- Reduce bloating
- Create healthy habits

PHASE 2: STAY CONSISTENT



- Stay consistent with your new superfoods routine in Phase 2 (Month 2)
- Your Month 2 order is automatically processed and shipped. All subscription orders are scheduled to process on the same date as your first purchase (unless you edit your subscription).
- Your credit card will be charged on the subscription date. Subscriptions may be changed or cancelled anytime by logging into iShopPurium.com
- Enjoy your 30-days of superfoods, without another Super CleansR pouch and starter materials from Month 1
- This pack is less than \$11/day and replaces up to 2 meals a day.

Benefits

- Improve skin elasticity
- Make fewer unhealthy choices
- Eliminate toxic glyphosate
- Improve elimination
- Look better in clothes
- Notice a brighter complexion
- Crave Purium Superfoods
- Support normal CRP level
- Reduce body odors
- Feel more confident

PHASE 3: BE TRANSFORMED



- Science shows that it takes 90-days to create a habit and you are almost there
- Phase 3 (Month 3) has the same superfoods as Month 2, yet the benefits continue to grow
- This pack is less than \$11/day and replaces up to 2 meals a day.

Benefits

- Form new healthy routines
- Feel cleaner, leaner and stronger
- Experience healthier blood glucose
- Support gut microbiome
- Break unhealthy habits
- Enjoy life at a higher level
- Explore healthier food options
- Look, feel, and perform better
- Meet and exceed weight management goals
- Food sensitivities decrease

PHASE 4: MAINTAIN LIFESTYLE & REFINEMENT



- Congrats on this next phase of positive, lasting, lifestyle change
- Phase 4 (Month 4) is automatically set to transition into a maintenance pack of Purium's Core 4 products
- Your Purium Brand Partner can help you with your next health goals
- Enjoy discovering our extensive product line to help refine all types of needs like weight loss, brain health, immune support, anti-aging, athletic performance, and many other functions
- You're going to love how you feel

Checklist for Success

YOU'RE WORTH IT!

Science shows that it only takes 90 days to build a habit.



ULT & Products FAQs



Have questions? We have answers! Check out our Q&A Chatbot on iShoppurium.com in the bottom right portion of your screen.



Community & Support



Our Facebook Transformation Group: Transforming with Purium is inspiring and informative. Password: [pure+premium](#)



Take Photos



Track your progress with before, during, and after photos.



Use the ULT Schedule & Progress Tracker



Fill out the ULT Schedule & Progress Tracker found in this guide or scan the QR code if another one is needed to track and review your transformation progress.

Connect



Connect with your Purium Brand Partner to join local or guided group Transformations.

YOU'RE WORTH IT!

Purium knows that creating long-term healthy habits can be a rewarding challenge. If you're already subscribed to the ULT transformation, congratulations! If you've purchased a 30-day ULT and are interested in subscribing to a lifetime of health benefits, please contact your Brand Partner or Customer Care to join!



SCAN TO LEARN MORE

Meal Inspiration for Everyday

WE CALL HEALTHY MEALS “LIFESTYLE MEALS”

A Lifestyle Meal is a well-balanced, organic (whenever available) meal made using healthy ingredients, with many examples listed below. These are based on your ideal healthy lifestyle. They can be plant-based, high-protein, or any dietary type that you prefer.



Recipes Group:
Find inspiration for healthy
Lifestyle Meals

Remember, these are ONLY suggestions and ideas for healthy meal inspiration. This program is not about depriving yourself of food. Listen to your body, drink your shakes, and consume regular meals and snacks! Having a comfort food craving? Reach for a fruit or veggie option as a snack. This will retrain your brain to recognize what foods are actually doing the comforting. Get creative and have fun in the kitchen!



Protein Options

- Dark Berry Protein
- L.O.V. Super Meal
- MVP Sport (Vanilla)
- Lentils or Legumes (other than soy)
- Hummus
- Broccoli
- Almonds
- Tofu
- Free-range Eggs
- Free-range, Organic-fed Chicken
- Wild-caught Salmon

Veggie Options

- Kale
- Broccoli
- Cauliflower
- Cucumbers
- Summer squash
- Cabbage
- Spinach
- Asparagus
- Sauerkraut or Kimchi (no additives)
- Mushrooms
- Celery
- Carrots
- Sea veggies
- Cilantro
- Parsley
- Basil

Fruit Options

- Cherries (the darker the better)
- Berries
- Plums
- Apples
- Purple Grapes
- Watermelon
- Papaya
- Cucumbers
- Tomatoes
- Avocados

Complex Carbs Options

- Red, Black, or Brown Rice
- Quinoa
- Millet
- Sprouted Grain Bread
- Buckwheat or Whole Grain Pancakes
- Purple or Sweet Potatoes
- Oatmeal

Fats & Oils Options

- Coconut Oil
- Green Tea Seed Oil
- Sunflower Seed Oil
- Avocado Oil
- Extra Virgin Olive Oil
- Walnuts
- Golden Flax Seeds
- Cold Pressed Flax Oil

Beverage Options

- Hemp, Almond, Coconut, Cashew, or Oat Milk
- Kombucha
- Vegetable Broth
- Herbal Tea
- Coconut Water with Coco Hydrate - Pineapple
- Purium Green Drinks: Kamut Blend, Green Spectrum Lemon, Barley Green Juice, Spirulina
- Can't Beet This!*

*contains a natural source of caffeine

Transform, Maintain & Refine

CORE NUTRITION IS THE KEY TO TRANSFORMATION & BASELINE HEALTH

The ULT and core nutrition packs offer superfoods in relevant amounts for many healthy body systems, like healthy gut, healthy blood vessels and heart, healthy inflammatory response, healthy energy levels, deep sleep, and more. If you've purchased a 30-day ULT, add the ULT - Smart Order Pack to your monthly subscription for months 2, 3, 4, and beyond. If you're already subscribed to the ULT transformation, you're all set! Track your product intake and journey with the ULT Schedule & Progress Tracker.



Science shows you can transform your habits and your life in only 90 days!

Biohacking With Purium

Upgrade your health with curated packs that combine nature's most powerful superfoods. Purium's scientifically formulated Biohack Packs are designed to support your unique lifestyle and wellness goals.

Start with the Foundation: Purium's Ultimate Lifestyle Transformation (ULT) remains the gold standard and the number one place to begin. The ULT is recommended as the starting point for any nutritional reset, providing comprehensive core nutrition that builds a strong foundation for long-term wellness. Because everybody is different, Purium offers flexibility beyond the foundation. Start with ULT core nutrition, then personalize your journey with targeted Biohack Packs that align with your specific goals.

Targeted Biohack Packs:

Athletic Performance

Preconception

Pregnancy

Brain Boost

Collagen Plus

Neurodiversity

Heavy Metal Detox

Healthy Heart

Benefits of Subscription

Earn 50% more Rewards Points on every order. | Ensure you're receiving the maximum discount by ordering every 30 days.



Monthly Subscription



Automate your
superfood delivery!



Discover all the incentives that Purium offers with an active subscription, Purium's most popular subscription is the ULT transformation.

If you're already subscribed to the ULT transformation, congratulations! If you've purchased a 30-day ULT and are interested in subscribing to a lifetime of health benefits, please contact your Brand Partner or Customer Care to join!

Product Education Every Wednesday

Join Purium Co-founder Dave Sandoval every Wednesday at 4pm PT to learn about more about the Purium lifestyle!

Scan to join the Zoom or use the links below!

<https://bit.ly/phpHealthSeminar>



Each week, Purium's Product Education Zoom offers an invaluable opportunity to gain deeper insights into critical health topics and Purium's extensive line of superfoods from the formulator himself. Whether you're looking to address specific health concerns or simply become more health-conscious, this weekly Zoom is a must-attend event.

Don't miss out on this chance to learn from an expert and empower yourself with the knowledge to make informed choices for your well-being.



Real People, Real Results!

Share your review at iShopPurium.com

From better energy and sleep to healthier skin and lower body fat percentage, so many are TRANSFORMING their health with the ULT. These are just a few of the many stories that keep us inspired and motivated. Find more reviews on the product pages at ishoppurium.com.



“Before I started this program, I was struggling to stay consistent with my workouts and didn’t feel like myself. I often felt too tired after work to be active, and I knew something needed to change. Since committing to this lifestyle, I’ve noticed major improvements in how I feel and how my body responds to training. My recent body scan showed positive shifts: lower body fat, increased muscle mass, and progress I’m genuinely proud of. I’ve been using the superfoods daily, including Super Aminos and Power Shake, along with the other [ULT] products, and they’ve helped me stay on track with my goals. I have more steady energy, feel stronger than ever, and I’m excited to keep pushing toward my next milestone.”

– Anthony

“I am now 21 days into the ULT so far and am feeling lighter. I was at 191 pounds and am down to 177.6 pounds now. I never imagined getting down into the 170s again! I can actually see my abs again without flexing!! . . . My cardiovascular health is dramatically different . . . I’m curious if my blood pressure is lower as well. It makes sense since my heart doesn’t have to work as hard with 7% less weight!! . . . The biggest lifestyle change for me is deciding to go vegan and making better decisions on what to eat and avoiding my cravings for sugar!! . . . I recommend the ULT for anyone who wants to get more energy, lose weight and feel better about themselves.”

– Scott



“I had already lost 70lbs but was about to stay stagnant in my weight loss . . . I could feel myself wondering what my next step was. God aligned this detox for me, and since then, I have understood nutrition on a whole new level . . . I lost 18lbs that month and have lost 70 in total since and kept it off due to taking the product . . . I’m super grateful for being aligned with this company and these products.”

– Brandi

Start Date: _____

• MAKE A COMMITMENT - MONTH 1 •

End Date: _____



Product:	Dosage:
Super Amino 23*	5 Tablets
Biome Medic	1 Capsule
Shake	Best option: Mix half a serving of each shake with 12 to 20 oz of cold water or a creamy beverage. Or enjoy Power Shake in the morning and Dark Berry Protein at midday.
Alpha Omega	Take 2 mL with a meal or shake
Super CleansR**	2 Capsules (days 11-20 only)
Super Amino 23*	5 Tablets
Shake	Best option: Mix half a serving of each shake with 12 to 20 oz of cold water or a creamy beverage. Or enjoy Power Shake in the morning and Dark Berry Protein at midday.
Super CleansR**	2 Capsules (days 11-20 only)
Biome Medic	1 Capsule
Sleep Nightly	2 Capsules prior to bedtime

Day:	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	
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*For optimal results wait 30 min - 2 hours before consuming shake. **Super CleansR aids in waste elimination. Based on your body's digestion response, modify by reducing 1 capsule per serving.

Start Date: _____

• STAY CONSISTENT - MONTH 2 •

End Date: _____



Product:	Dosage:
Super Amino 23*	5 Tablets
Biome Medic	1 Capsule
Shake	Best option: Mix half a serving of each shake with 12 to 20 oz of cold water or a creamy beverage. Or enjoy Power Shake in the morning and Dark Berry Protein at midday.
Alpha Omega	Take 2 mL with a meal or shake
Super CleansR**	2 Capsules (days 11-20 only)
Super Amino 23*	5 Tablets
Shake	Best option: Mix half a serving of each shake with 12 to 20 oz of cold water or a creamy beverage. Or enjoy Power Shake in the morning and Dark Berry Protein at midday.
Super CleansR**	2 Capsules (days 11-20 only)
Biome Medic	1 Capsule
Sleep Nightly	2 Capsules prior to bedtime

Day:	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60		
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Biome Medic	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Sleep Nightly	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		

*For optimal results wait 30 min - 2 hours before consuming shake. **Super CleansR aids in waste elimination. Based on your body's digestion response, modify by reducing 1 capsule per serving.

Start Date: _____

• BE TRANSFORMED - MONTH 3 •

End Date: _____



Product:	Dosage:
Super Amino 23*	5 Tablets
Biome Medic	1 Capsule
Shake	Best option: Mix half a serving of each shake with 12 to 20 oz of cold water or a creamy beverage. Or enjoy Power Shake in the morning and Dark Berry Protein at midday.
Alpha Omega	Take 2 mL with a meal or shake
Super Amino 23*	5 Tablets
Shake	Best option: Mix half a serving of each shake with 12 to 20 oz of cold water or a creamy beverage. Or enjoy Power Shake in the morning and Dark Berry Protein at midday.
Biome Medic	1 Capsule
Sleep Nightly	2 Capsules prior to bedtime

Day:	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90
Super Amino 23*	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Biome Medic	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Shake	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Alpha Omega	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Super Amino 23*	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Shake	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Biome Medic	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sleep Nightly	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

*For optimal results wait 30 min - 2 hours before consuming shake.

SEE IT. FEEL IT. TRACK IT.



Fill in the actual dates of your Tracker Self Check-Ins.
Put these dates into your calendar to set appointments with yourself.

Rate from 1-10 how you feel in the areas listed below. Use the blank spaces to fill in 2 specific areas that you would like to track (ex. Blood Pressure, Blood Sugar or Physical Activity).

1 - Needs Improvement
10 - Going Great

Digestion:



Energy Level:

Weight / BMI:



Deep Restful Sleep:

Optimism / Mood:



Aches & Pains:

Stress Level:



Food Choices:

Water Intake:



Commitment to Transformation:

General Feeling of Health:



.....:

.....:

Track your details by filling in the blanks,
taking selfies and and sharing your progress.

Weight (Lbs):



I Feel (1 word)...

Take a photo in the mirror with good lighting.



**Share Progress On Social
or with Your Purium Brand Partner.**

	• MAKE A COMMITMENT •				• STAY CONSISTENT •			• BE TRANSFORMED •	
	Date: _____	Date: _____	Date: _____	Date: _____	Date: _____	Date: _____	Date: _____	Date: _____	Date: _____
	DAY 0	DAY 3	DAY 10	DAY 20	DAY 30	DAY 45	DAY 60	DAY 75	DAY 90
Digestion:									
Energy Level:									
Weight / BMI:									
Deep Restful Sleep:									
Optimism / Mood:									
Aches & Pains:									
Stress Level:									
Food Choices:									
Water Intake:									
Commitment to Transformation:									
General Feeling of Health:									
.....:									
.....:									

_____	_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____	_____
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>