

# MAXLIVING 30-DAY CHALLENGE



## MaxLiving Challenge Rules:



**Progress picture!** Take a picture of yourself on the first day of every week to see your progress as the weeks go by!



**1 protein shake & daily supplements.** Consume one shake and all supplements in your challenge daily. (see back for supplement timing)



**2 meals (Advanced plan)** Consume 2 meals at the time of your choosing on the advanced plan.



**Half of your body weight in oz of water.** Ex: If you weigh 140 lbs, drink 70oz of water per day!



**One 45-minute workout.** Frequency and long-duration exercise will be dependent on your personal biochemistry, but we recommend some form of exercise each day.



**Chiropractic adjustments / Homecare.** Getting adjustments based on your doctor's weekly recommendations and completing spinal care exercises at home daily.



**No alcohol or cheat meals!** Eliminate alcohol consumption, no meals outside of the advanced plan & no snacking.



**10 pages of reading.** Reading 10 pages of personal development books for better mindset (No audiobooks!)

## Sample Day

### Breakfast:

Protein Shake with Max Greens  
Cell detox 2 capsules (thirty minutes before a meal)  
Metabolix Burn 2 capsules

### Lunch:

Advanced plan approved meal  
Metabolix Burn 2 capsules

### Dinner:

Advanced Plan Dinner  
Body detox 2 capsules (one hour before bedtime)

### 1 protein shake: any time of the day that works best for you!

Note: You may change the time of your meals and shake depending on your schedule

(Ex: Day 1 eating breakfast and dinner for your meals and a shake for lunch and Day 2 Shake at breakfast and meals for your lunch and dinner)

We encourage you to reduce caffeine intake. If necessary participants can drink 1 cup of black coffee or tea.



Progress pictures can be taken daily or weekly according to your preference.

### Bonus:

Write down your S.M.A.R.T. goals once a week to go into each week with a good mindset and a plan to help you meet your weekly goals!