TRACKER
Ultimate Lifestyle Transformation - PLUS Brain

Start Date: **Day**

	Product	Dosage	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
Morning	Super Amino 23	5 tablets																														
	Biome Medic	1 capsule																														
	Pineal Clear	2 ml with 8-10 oz water (any beverage)																														
	Revive-it-All	1 capsule																														
	Power Shake - Apple berry	5 1/2 tbsp with 10-20 oz water																														
	Super CleansR	2 capsules (**days 11-20 ONLY**)	*	*	*	*	*	*	*	*	*	*											*	*	*	*	*	*	*	*	*	*
Mid-day	Super Amino 23	5 tablets																														
	Revive-it-All	1 capsule																														
	Power Shake - **Dark berry**	4 tbsp with 10-20 oz water																														
	Super CleansR	2 capsules (**days 11-20 ONLY**)	*	*	*	*	*	*	*	*	*	*											*	*	*	*	*	*	*	*	*	*
Evening	Biome Medic	1 capsule																														
	Pineal Clear	2 ml with 8-10 oz water (any beverage)																														
	Revive-it-All	1 capsule																														
	Apothe-Cherry	2 tbsp with water to taste																														