

# How to Succeed on Your 9 Day and 30 Day

## **First - order your program**

For best results invest in 40 days! Begin with a 9 day program and bridge into the 30 day.

Every step forward requires you to login to the website below:

## **NutritionalRebalancing.com**

**U:** \_\_\_\_\_

**P: gratitude**

### **Step 1: Click “Home”**

Watch both short videos as you wait for your products to arrive

### **Step 2: Click “Programs”**

Print the 9 day and 30 day cheat sheets

*(Begin with the 9 day and bridge into the 30 day for the greatest results)*

### **Step 3: Click “Cleanse Day” Click “Shake Day”**

Learn exactly how to do a cleanse day and a shake day

### **Step 4: Click “Products”**

- Become familiar with individual products
- Begin to understand the miracle the body is capable of when given the proper nutrition. Weight loss usually gets people started but education is what keeps you wanting to stay lean and healthy for a lifetime.

## **NOW you are ready to begin...**

### **Step 5: Click “DAILY COACHING”**

**This is mission critical to your success!**

- Invest 3-5 minutes each morning. It is important to understand why your body is transforming so rapidly. It also helps you stay focused and accountable each day.
- You simply click on the day you are on in your program. The guidance, information and inspiration you receive is tailored to precisely what your body is experiencing on that particular day of the program.
- Weight loss may get you started but understanding the the miracle your body is undergoing will be the reason you are impacted for life!

