

# One Simple Change

We are excited that you're adding Juice Plus+® to your healthy lifestyle. In addition to the health benefits of Juice Plus+®, we believe you can make meaningful changes to your overall health by making simple changes in your diet or lifestyle One Simple Change at a time. We encourage you to adopt a new One Simple Change every 30 days. Share your chosen goals on the Customer Facebook Group. We will cheer you on and give you support so you can meet every goal you choose.

## One Simple Change Ideas

Take Juice Plus+ everyday and include One Simple Change into your routine! Maybe you are already thinking of habits you want to include in your life. Great! Write it down. Maybe you don't know where to start... Here's a list below.

- Drink at least 8 glasses of water a day
- Start an exercise class
- Reduce sugar intake
- Eat more raw veggies
- Drink a Complete® Shake every day
- Stretch for 10 minutes every day
- Sleep for 8 hours every night
- Drink less soft drinks
- Add a large salad each day
- Get at least 8 hours of sleep
- Cook more meals at home
- Eat less after dinner
- Eat less packaged food
- Add kale to your smoothie

## Track Your Progress

	MON	TUE	WED	THUR	FRI	SAT	SUN
Week 1							
Week 2							
Week 3							
Week 4							