



# 90-Day Challenge Guideline

Track your progress before, during and after your first 90 days of taking Jusuru Life Blend™. Following this plan will strengthen your personal story to share with prospects and customers, and have you feeling great, too! It's easy to take Jusuru Life Blend and document the difference it makes in your health and appearance.

## Get Started!

Follow the suggested dose of 2 ounces twice daily, and make sure your next order or AutoShip delivery is scheduled to arrive within the next 30 days.

Write down your top three health-related reasons for taking Jusuru Life Blend here:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### Skin Deep

You will need:

- A camera
- A friend to assist with taking your photo

Ask a friend to take a picture of your face, sans makeup, under a bright light. Make sure the photo is sharp and in focus. Also, ensure you take pictures at the same time each day for comparison purposes.

You will need to take a total of four pictures; the first on the day you begin taking Jusuru Life Blend, then subsequent photos at 30, 60 and 90 days.

- Day 1      Start Date: \_\_\_\_\_
- Day 30
- Day 60
- Day 90

### Joint Connections

Where are your problem areas (example: knees, hips)?

\_\_\_\_\_

How do your joints feel? Choose a number from 1 to 10 to identify the level of discomfort you encounter.

- Day 1: \_\_\_\_\_ Start Date: \_\_\_\_\_
- Day 30: \_\_\_\_\_
- Day 60: \_\_\_\_\_ 1 = No discomfort whatsoever
- Day 90: \_\_\_\_\_ 10 = I can't move

Keep a record of when you notice improvement in your top three health-related reasons for taking Jusuru. While you can record this information whenever you notice improvement, it is important to document how you feel and the changes you've noticed when you take each photo, as well.

## Share Your Results with Others and Spread the Word!

Send us your completed 90-Day Challenge Guideline, which you used to track your results, and your pictures (if applicable) to [stories@Jusuru.com](mailto:stories@Jusuru.com). You may be featured in your very own Jusuru Product Experience video.

Individual results may vary. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

**Note:**  
If you miss taking Jusuru Life Blend for a period longer than three days, it is suggested that you begin the 90-day program again.