

PROVE IT CHALLENGE™

Feel amazing in 30 days - guaranteed!*

CLIENT INTAKE FORM

Before Challenge				After Cleanse				After 30 Days			
RATE 1 - 10	POOR	FAIR	GOOD	RATE 1 - 10	POOR	FAIR	GOOD	RATE 1 - 10	POOR	FAIR	GOOD
Energy Levels	○○○○○○○○○○			Energy Levels	○○○○○○○○○○			Energy Levels	○○○○○○○○○○		
Mental Clarity	○○○○○○○○○○			Mental Clarity	○○○○○○○○○○			Mental Clarity	○○○○○○○○○○		
Sleep Quality	○○○○○○○○○○			Sleep Quality	○○○○○○○○○○			Sleep Quality	○○○○○○○○○○		
Stress Levels	○○○○○○○○○○			Stress Levels	○○○○○○○○○○			Stress Levels	○○○○○○○○○○		
Headaches	○○○○○○○○○○			Headaches	○○○○○○○○○○			Headaches	○○○○○○○○○○		
Bloating	○○○○○○○○○○			Bloating	○○○○○○○○○○			Bloating	○○○○○○○○○○		
Bowel Health	○○○○○○○○○○			Bowel Health	○○○○○○○○○○			Bowel Health	○○○○○○○○○○		
Hydration	○○○○○○○○○○			Hydration	○○○○○○○○○○			Hydration	○○○○○○○○○○		
Nourishment	○○○○○○○○○○			Nourishment	○○○○○○○○○○			Nourishment	○○○○○○○○○○		
Digestion	○○○○○○○○○○			Digestion	○○○○○○○○○○			Digestion	○○○○○○○○○○		
Chest (in): _____ Waist (in): _____ Thighs (in): _____				Chest (in): _____ Waist (in): _____ Thighs (in): _____				Chest (in): _____ Waist (in): _____ Thighs (in): _____			

Name: _____	Date of Birth: _____	Height: _____	Sex: _____
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Weight start 7 days 30 days ____ / ____ / ____ L L L S S S H H H VH VH VH	BMI start 7 days 30 days ____ / ____ / ____ L L L S S S H H H VH VH VH	BFP start 7 days 30 days ____ / ____ / ____ L L L S S S H H H VH VH VH	Muscle Rate start 7 days 30 days ____ / ____ / ____ L L L S S S H H H VH VH VH	Body Water start 7 days 30 days ____ / ____ / ____ L L L S S S H H H VH VH VH	Bone Mass start 7 days 30 days ____ / ____ / ____ L L L S S S H H H VH VH VH	BMR start 7 days 30 days ____ / ____ / ____ L L L S S S H H H VH VH VH
Metabolic Age start 7 days 30 days ____ / ____ / ____ L L L S S S H H H VH VH VH	Visceral Fat Index start 7 days 30 days ____ / ____ / ____ L L L S S S H H H VH VH VH	Subcutaneous Fat start 7 days 30 days ____ / ____ / ____ L L L S S S H H H VH VH VH	Protein Rate start 7 days 30 days ____ / ____ / ____ L L L S S S H H H VH VH VH	Protein Mass start 7 days 30 days ____ / ____ / ____ L L L S S S H H H VH VH VH	Fat Mass start 7 days 30 days ____ / ____ / ____ L L L S S S H H H VH VH VH	Muscle Mass start 7 days 30 days ____ / ____ / ____ L L L S S S H H H VH VH VH