

# One Simple Change

Welcome to **One Simple Product, 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 more water
- 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

## Track Your Progress

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1							
Week 2							
Week 3							
Week 4							