



BODY SHAPING SYSTEM

#WinFit

#LoseFat

#LifeWave

DAILY CHECKLIST

START SHAPING YOUR FUTURE TODAY

What did you do TODAY that brings you one step closer to your goal?

MY WINFIT GOAL: _____

*A little progress
every day adds
up to BIG results.*

SHARE YOUR WEEKLY RESULTS!

- 1. Identify:** What success did you have this week?
- 2. Snap:** Take a progress picture
- 3. Post:** Encourage yourself and others by sharing on social media... There's no greater motivation than looking back and seeing your weekly progress!

LIFEWAVE®



MONDAY	TUESDAY	WEDNESDAY
<ul style="list-style-type: none"> <input type="checkbox"/> Drink water <input type="checkbox"/> Exercise <input type="checkbox"/> Wear WinFit patch <input type="checkbox"/> Eat within 8-hour window <input type="checkbox"/> Drink Theta One/Activate <input type="checkbox"/> Wear Carnosine patch 	<ul style="list-style-type: none"> <input type="checkbox"/> Drink water <input type="checkbox"/> Exercise <input type="checkbox"/> Wear WinFit patch <input type="checkbox"/> Eat within 8-hour window <input type="checkbox"/> Drink Theta One/Activate <input type="checkbox"/> Wear Carnosine patch 	<ul style="list-style-type: none"> <input type="checkbox"/> Drink water <input type="checkbox"/> Exercise <input type="checkbox"/> Wear WinFit patch <input type="checkbox"/> Eat within 8-hour window <input type="checkbox"/> Drink Theta One/Activate <input type="checkbox"/> Wear Carnosine patch
THURSDAY	FRIDAY	SATURDAY
<ul style="list-style-type: none"> <input type="checkbox"/> Drink water <input type="checkbox"/> Exercise <input type="checkbox"/> Wear WinFit patch <input type="checkbox"/> Eat within 8-hour window <input type="checkbox"/> Drink Theta One/Activate <input type="checkbox"/> Wear Carnosine patch 	<ul style="list-style-type: none"> <input type="checkbox"/> Drink water <input type="checkbox"/> Exercise <input type="checkbox"/> Wear WinFit patch <input type="checkbox"/> Eat within 8-hour window <input type="checkbox"/> Drink Theta One/Activate <input type="checkbox"/> Wear Carnosine patch 	<ul style="list-style-type: none"> <input type="checkbox"/> Drink water <input type="checkbox"/> Exercise <input type="checkbox"/> Wear WinFit patch <input type="checkbox"/> Eat within 8-hour window <input type="checkbox"/> Drink Theta One/Activate <input type="checkbox"/> Wear Carnosine patch
SUNDAY	<p style="text-align: center;">WEEKLY MEASUREMENT TRACKING:</p> <p>Weight: _____ Height: _____</p> <p>Hips: _____ Thigh: _____</p> <p>Waist: _____ Bicep: _____</p>	
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