



Hi _____,

Congratulations on your decision to join the Inches Away JumpstartChallenge. During this Challenge you will be experiencing the same products used by elite athletes training for Olympics and other top world class events. These are the highest quality *cellular nutrition* and you are about to learn why this is so important, and often overlooked. To help you gain a better picture of the results your body is experiencing, we recommend you take the following steps:

- 1) Do a personal health assessment by writing down everything you can about your current health status including but not limited to any and all of the following that you find applicable: energy, sleeping patterns/quality, any allergies, sickness/disease, medications dosage/frequency, blood pressure, heart rate, blood sugar, general mood, concentration/ability to focus, hair/nails/skin and anything else relevant to your well-being.

- 2) Put this away in an envelope marked "Before USANA."

- 3) Begin the USANA products as recommended on the labels.

- 4) Repeat the health assessment in Step 1 again after 30 days on the products, and mark the envelope "30 days on USANA"

- 5) Repeat the health assessment again after 60 days, comparing all three assessments.

Your cells are regenerating every day, and it is impossible to fully understand the protections and benefits you are experiencing from the Usana supplements. This exercise of writing down your results helps you see concrete examples of the healing taking place in your body, and gives



you a real picture of the continual healing and continued health that you are providing for your body on a daily basis.

To make the products available to you at your convenience we have provided you with your own preferred *customer with Usana to login* visit www.usana.com and log in with number PC, *password* is the last four digits of your phone number ending in ____.

If you would like to place an order for any of the products used in the Challenge, please visit www.usana.com and go to the “shop” icon at the top of the page. You can purchase products at wholesale anytime. If you would like to purchase products at 10% below wholesale you will need to create an autoship that will be sent to you every 28 days.

If you would like additional assistance phone 1-888-950-9595 (toll free) and speak directly with *Order Express* or if you like, we are happy to show you how to create an on-line order, please feel free to contact us any time.

Here’s to a Super Healthy YOU!

**Carmen Barclay MA & Carolyn Hancox-Barr BM,
DipFitManagement/TFL**

Certified Professional Lifestyle & Health Coaches

“Share my vision, love life and live it to the fullest in happiness and health” Dr. Myron Wentz