

XS FITNESS GUIDEBOOK

XS TONING PROGRAM

START YOUR ADVENTURE TO
A BETTER LIFE



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Look for this icon throughout your guidebook for tips to help enhance your XS Fitness Program.



WELCOME TO XS

From the start, our purpose has been to cultivate and nurture a community built on positive experiences shared at the crossroads of adventure and opportunity ... to help people live better lives. Our mission remains – fueling adventures with an open invite to experience *more*. That's exactly why you're here.

You want *more* from life, and XS is here to turn that desire into action. Our XS Fitness Programs will help you:

- Push past personal limits.
- Level-up your energy.
- Optimize physical performance.
- Build healthy habits to achieve and exceed your fitness goals.

The best part is, you have everything you need to get started!

This guidebook gives you the framework to accelerate your fitness journey today. Everything is designed with you in mind, including easy to implement products, diet and fitness guidelines customized to your needs, whether that's toning up, or showing off some major gains. Turn to the page aligned with your personal 30-day XS Fitness Program below, and let's adventure!

30-Day XS Toning Guide

Pages 5-32

XS FITNESS PROGRAMS

XS believes fitness is a journey, not a destination and every day provides an opportunity to push past your personal limits and experience more from life. We also know having a rockstar community to cheer you on and the right products that naturally fuel you, not fill you with a bunch of artificial colors, flavors and sugar, makes that journey a lot more fun! That's why we created XS Fitness Program. It's designed to meet you where you are at today; provide the support, community and products to help level-up your fitness game; and the flexibility to continue your XS adventure in whatever way best meets your needs.

	XS Toning Program
Program Duration	30 days
Fitness Goal	Burn Fat & Build Lean Muscle
Workout Duration	10-30 minutes
Types of Workout	High-intensity interval training (HIIT)
Resources for Support	-Program Guide -Workout Videos -Diet Plan -Recommended Product Regimen
Intensity	Beginner, Intermediate and Advanced
Products Included	XS TONING STACK -XS™ Energy + Focus -XS™ Grass-Fed Whey Protein x2 -XS™ Sports Protein Shake x2 -Nutrilite™ CLA 500 
Cost	RD\$11,100 + itbis

This comprehensive 30-day program includes this guidebook with information on goal setting, progress tracking, meal plans and more.

*When combined with regular weight/resistance training and a healthy, balanced diet.

†This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



XS FITNESS

XS TONING

HOW TO USE YOUR XS FITNESS – XS TONING KIT

Get excited! You're about to seriously level-up your fitness game. Our 30-day XS Toning Kit was designed to support your entire journey toward achieving a leaner, more toned body. This program focuses on High-Intensity Interval Training (HIIT) because when it comes to toning, you want to both lose fat and increase lean muscle. HIIT workouts are great at achieving both. Plus, they're typically shorter in duration, work with your fitness level and allow you to alternate between heart-pumping intervals and short periods of rest, which delivers serious results! And don't worry, you won't be doing it alone! From a private online community, access to some of the best XS Trainers and products to fuel your success, we've got your back every step of the way.

There's just one thing ... We can give you the tools and framework for success, but this is your adventure. You have to put in the work if you want to experience the wins. The good news is you already made the hardest decision. You committed to making a change and you've got the guidebook in your hands to get started. There's nothing holding you back, so let's dive in and have some fun.

BEFORE YOU START

You wouldn't venture into the wild without a little planning and kick-starting your toning technique is no different. It may not seem important right now, but when you have a rough day (*and we all do!*), you'll be happy you invested the time. Just turn the page and follow our easy four-step process to set yourself up for success.

STEP 1

SET YOUR TONING GOALS

Your goals are focused on toning. Knowing that is already a step in the right direction, but toning up can mean a lot of different things. Get clear on what toning success means and looks like for you by setting one to two **S.M.A.R.T.** (Specific, Measurable, Achievable, Relevant, Time-bound) Goals.

Take a moment to think this through. **The more clearly you can paint a picture in your mind, the more likely you'll be able to make it a reality.** And remember, this is your goal and your fitness adventure, so go after whatever it is you really desire! Here are a few questions to help you get started.

- Why is getting lean and toned important to you right now? What is your true motivation behind starting this program?
- What does toning success look like for you? It could be a number, a personal achievement or a combination of any/all of these.
- How do you want to feel? More confident? Proud? Strong?
- How would you celebrate reaching your goal? What would make you feel like you exceeded that goal?

Use the space below to brainstorm. These may be big ideas or longer-term goals, and that's okay! This is just the first step in your ongoing fitness journey.

Now, pick one to two points you want to work toward first to create your S.M.A.R.T. Goals.

For example:

- For one week I will work with a trainer on perfecting my form and learning what it feels like to activate the correct muscles so my workouts will be more effective and help me build lean muscle faster.
- This week I will add lifting moderate weights to four of my HIIT workouts to help boost my metabolism.
- In one month, I will be able to see more ab definition on my stomach by eating five small meals daily and reducing the sugar in my diet.
- This month I will schedule HIIT workouts at least 3X each week to increase fat loss and improve overall muscle tone.

Define and track your S.M.A.R.T. Goals here:

S.M.A.R.T. Goal #1: _____

S.M.A.R.T. Goal #2: _____

STEP 2

DEFINE & SCHEDULE YOUR MICRO-HABITS

While your S.M.A.R.T. Goals have been defined, micro-habits are small changes that will help you get there faster. Think easy to implement, quick wins that you can track and build on to help you reach your bigger goal.

Some examples might be:

- Swap one soda or high-calorie drink per day with an XS Energy Drink or XS Ignite Powder.
- Try one new kettlebell workout.
- Track your daily water intake.
- Set a daily reminder to write down at least one fitness win each day.

Use the space below to:

Write out one to two micro-habits.

Schedule them. That could be adding something to your calendar or putting a sticky note on your bathroom mirror with seven little check boxes. Whatever works for you, do that!

Micro-habit #1: _____

Micro-habit #2: _____



The goal of a micro-habit is to set yourself up for success! Remember to make these very small and something that's totally achievable. Think about scheduling 10 minutes to do research on the best HIIT workouts for toning abs, legs, arms, etc., versus doing cardio 5X this week.

STEP 3

TAKE YOUR BASELINE

Your success at slimming down and toning up can be measured in many ways, including the goals and micro-habits you've already set. Still, when beginning any fitness program, it's important to take a baseline of where you're starting. Plus, having this information on day one will make it that much easier to track and celebrate as you achieve all your fitness goals along the way!

Use the space below to capture:

- Start date and current weight.
- Measurements.

Capture some selfies to track your progress visually and provide personal motivation. It's amazing how quickly your body can shift without you even realizing it. And the changes you experience when toning are often subtle, which makes regular progress pics even more valuable.



Capture images from several angles, wear form-fitting clothing and be sure to get some shots of your entire body. You'll want to celebrate your wins from head-to-toe.



Snap your pics in the same location and lighting each time. This will make it easier for you to see changes along the way. Most important, remember these are only for you! You don't have to share or show anyone else.

DAY 1 - MEASUREMENTS

Date:

Weight:

Arm (R):

Thigh (R):

Arm (L):

Thigh (L):

Chest:

Neck:

Waist:

Calf (R):

Hips:

Calf (L):

NECK

RIGHT ARM

HIPS

RIGHT THIGH

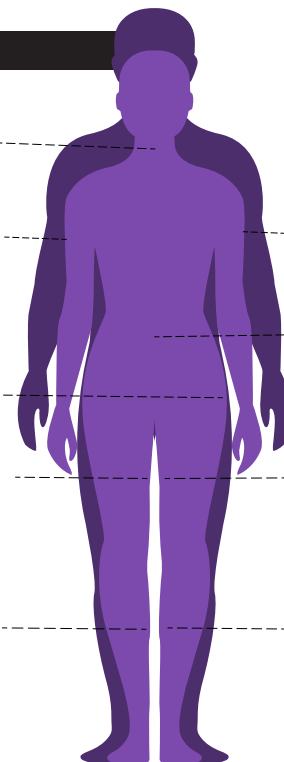
RIGHT CALF

LEFT ARM

WAIST

LEFT THIGH

LEFT CALF



It's always good to have your baseline weight and measurements, but this is only one way of tracking progress along the way. If your definition of successful gains is more about improving overall health, reps or energy levels, track that!

TONING PROGRAM

FITNESS ASSESSMENT



INTRODUCTION

For the XS Toning Fitness Program, physical assessments should focus on strength endurance, muscle definition and functional movement. The goal is to track improvements in muscle endurance, core strength, stability and overall body tone. Here are some recommended assessments:

TESTING SAFETY TIPS

- Make sure to properly warm up before performing any of these assessments.
- Ensure you understand and use proper form to minimize injury risk.

PRE-WORKOUT PROGRAM ASSESSMENT

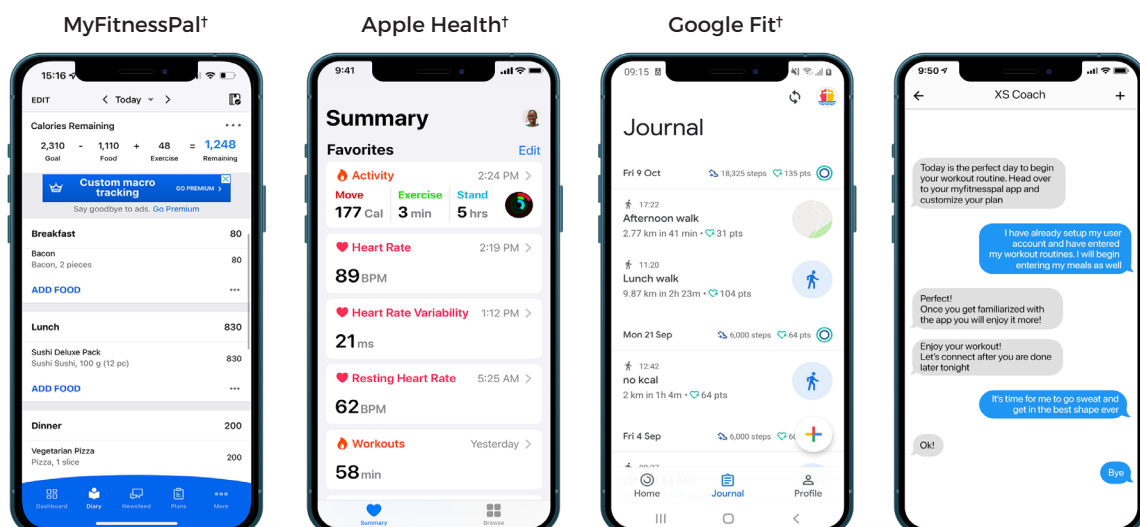
DURATION	ASSESSMENT	PURPOSE	ENTRY
One minute	Max push ups or modified push Ups (if needed)	Assesses upper body endurance and strength, particularly in the chest, shoulders and triceps.	
Until failure	Max plank hold (It can be forearm or straight arm planks.)	Tests core endurance, stability and muscular strength.	
One minute	Max burpees test	A great indicator of full-body cardiovascular fitness and endurance.	
One minute	Max body weight squats	Evaluates lower body endurance (quads, hamstrings, glutes) and muscle tone.	
Until failure	Single leg balance test (Stand on one leg with eyes open (or closed) for as long as possible.)	Tests lower body stability, core engagement and balance.	

STEP 4 COMMUNITY & SUPPORT

Whether this is your first XS Fitness Program or fifteenth, we promise to have your back, and that's exactly what we aim to do! We understand each adventure is different, each goal is personal and each individual wants to be cheered on and communicated with in different ways. That's why we've created tools and support options you can customize to meet your ongoing needs. The best way to know if something will help to keep you energized and inspired is to try it.

We'd recommend starting here:

- ❑ **Join the XS Fitness private Facebook[†] group** – We've cultivated a community of everyone from fitness newbies to some of the best trainers in the business all striving to live better, healthier lives. This is where they come together to share successes and struggles, find motivation, uplift and inspire each other. Join our amazing Fitness Community Facebook group (scan the QR code or [click here](#)) and watch for an invite from your XS Fit Coach (Upline) to join their private group.
- ❑ **Meet your XS Fit Coach** – If you haven't already, be sure to connect with the XS Fit Coach who will be guiding you throughout this program. Keep their contact information available in case you have questions or need additional support. They'll also help to personalize your Fitness Program and cheer you on throughout your adventure.
- ❑ **Download a fitness tracker app** – There are many fitness tracking apps to choose from and we recommend you check them out in your phone's app store. A few apps we recommend are MyFitnessPal[†], Apple Health[†] and Google Fit[†]. Fitness trackers, whether on your phone or wearable device, are great support tools that easily align with any XS Fitness Program. You can use them to track your fitness progress, calories, water intake and more.



[†] Facebook is a registered trademark of Meta Platforms, Inc.; MyFitnessPal is a registered trademark of MyFitnessPal Inc.; Apple Health is a registered trademark of Apple Inc.; Google Fit is a registered trademark of Google LLC. Amway is not affiliated with any of these companies.

XS FITNESS

XS TONING

It's go time!

It's go time! Your XS Fitness Program and the products included were designed to help you gain clarity around your fitness goals, build healthy habits and jumpstart your journey toward building more lean muscle and achieving a toned body. Each program is built around diet and fitness recommendations aligned with your personal goal of toning and fueled by the best XS products to help you achieve success.

Use this guide to:

- Review the included diet and fitness recommendations and then create your ideal plan.
- Learn about the products in your XS Toning Stack and the best time to use each one for maximum results.
- Track your progress, goals and wins along the way.

Remember, if you have questions, need help mapping out your personal fitness plan or just want some ideas and motivation as you get started, you'll find limitless resources and support through the XS Fitness Community on Facebook and your XS Fit Coach.



DIET PLAN

XS TONING

Tone with purpose: A fueled path to a stronger, leaner you

Welcome to your ultimate toning nutrition guide – designed in collaboration with a certified nutritionist to help you fuel intentionally, power up your day and reveal a leaner, stronger you. This comprehensive plan is packed with expert tips, smart strategies and flexible meal plans for 1,900 and 2,400 calorie targets. Whether you're aiming to lean, define muscle or boost energy, you'll learn how to eat for performance, recovery and sustainable results. Use the Mifflin-St Jeor equation* to personalize your daily caloric needs and tailor the plan to your unique body and goals. Let every meal bring you one step closer to feeling confident, energized and strong from the inside out.

Fuel with intention. Define with purpose. Shine with strength.



* The Mifflin-St Jeor equation is a formula used for adults to estimate resting metabolic rate (RMR), which is the total daily calories your body burns at rest. The equation is prone to a margin of error because it is unable to discern all the differences between humans such as body composition. In particular, additional errors may arise when the equation is used with adults with a BMI equal or greater than 25kg/m² (for Caucasians) and 23kg/m² (for Asians). For individuals with known health conditions or seeking information that is tailored to your regiment, please seek the help and guidance of a registered dietitian or health care provider. This equation is not developed, endorsed or affiliated with Amway or its products. This equation is provided for informational purposes only.

DIET PLAN

XS TONING

Since meal planning is so important to your success, we wanted to make it easy for you to get started. Explore these single-serve breakfast, lunch, dinner and healthy snack options created specifically with the goal of toning up in mind. Each one includes a recipe with the exact ingredients you'll need, all of the measurements and even the calorie count, so your focus can be on creating a daily menu you're excited about!

BREAKFAST					
1,900 CALORIE DIET			2,400 CALORIE DIET		
OVERNIGHT OATS WITH BERRIES AND ALMONDS					
INGREDIENTS ½ cup rolled oats ¾ cup fat-free almond milk ½ cup mixed berries 1 ½ tbsp chopped almonds ½ tsp honey				INGREDIENTS 1 ¼ cups rolled oats 1 ¼ cups fat-free almond milk ½ cup mixed berries 2 tbsp chopped almonds 2 tsp honey	
Mix oats and almond milk in a jar. Add berries and almonds. Drizzle with honey. Refrigerate overnight.				Mix oats and almond milk in a jar. Add berries and almonds. Drizzle with honey. Refrigerate overnight.	
302 CALORIES 14g PROTEIN 10g FAT 39g CARBS 7g FIBER				498 CALORIES 24g PROTEIN 18g FAT 60g CARBS 10g FIBER	

GREEK YOGURT PARFAIT WITH HONEY AND MIXED NUTS					
INGREDIENTS 1 cup plain, non-fat Greek yogurt ¾ tbsp honey 3 tbsp chopped mixed nuts ½ cup fresh fruit				INGREDIENTS 1 ½ cups plain, 2% fat Greek yogurt 1 tbsp honey ¼ cup chopped mixed nuts ¾ cup fresh fruit	
Layer Greek yogurt, honey, nuts and fresh fruit in a glass.				Layer Greek yogurt, honey, nuts and fresh fruit in a glass.	
292 CALORIES 23g PROTEIN 9g FAT 30g CARBS 4g FIBER				510 CALORIES 36g PROTEIN 22g FAT 42g CARBS 4g FIBER	

AVOCADO TOAST WITH POACHED EGG					
INGREDIENTS 2 slices whole grain bread ½ avocado 2 eggs Salt and pepper to taste				INGREDIENTS 2 slices whole grain bread ½ avocado 2 eggs + 3 egg whites Salt and pepper to taste	
Toast bread. Mash avocado with salt and pepper. Spread on toast. Top with a poached egg.				Toast bread. Mash avocado with salt and pepper. Spread on toast. Top with a poached egg.	
354 CALORIES 22g PROTEIN 18g FAT 26g CARBS 7g FIBER				558 CALORIES 38g PROTEIN 22g FAT 52g CARBS 10g FIBER	

DIET PLAN

XS TONING

BREAKFAST

1,900 CALORIE DIET

2,400 CALORIE DIET

SPINACH AND MUSHROOM OMELET WITH FRESH CANTALOUPE

INGREDIENTS

2 whole eggs + 2 egg whites
¾ cup spinach
½ cup mushrooms (sliced)
1 tsp olive oil
1 cup cantaloupe/honeydew melon (sliced)
1 slice whole grain toast

Heat the olive oil in a pan on medium-low heat. Cook the egg until mostly set (3-5 min), gently flip and turn off the heat, add spinach/mushrooms. Serve with melon and toast.

417 **26g** **13g** **49g** **6g**
CALORIES PROTEIN FAT CARBS FIBER

INGREDIENTS

2 whole eggs + 4 egg whites
1 cup spinach
½ cup mushrooms (sliced)
1 ½ tsp olive oil
1 ½ cups cantaloupe/honeydew melon (sliced)
2 slices whole grain toast

Heat the olive oil in a pan on medium-low heat. Cook the egg until mostly set (3-5 min), gently flip and turn off the heat, add spinach/mushrooms. Serve with melon and toast.

580 **39g** **16g** **70g** **9g**
CALORIES PROTEIN FAT CARBS FIBER

CHIA SEED PUDDING

INGREDIENTS

¼ cup chia seeds
½ scoop vanilla XS grass-fed whey protein
1 cup coconut milk
¼ tsp vanilla
¾ tbsp maple syrup

Mix chia seeds, protein powder, coconut milk, vanilla and maple syrup. Refrigerate overnight.

346 **22g** **18g** **24g** **9g**
CALORIES PROTEIN FAT CARBS FIBER

INGREDIENTS

⅓ cup chia seeds
1 ¼ cups coconut milk
1 scoop vanilla XS grass-fed whey protein
¼ tsp vanilla
1 tbsp maple syrup

Mix chia seeds, protein powder, coconut milk, vanilla and maple syrup. Refrigerate overnight.

475 **37g** **23g** **30g** **11g**
CALORIES PROTEIN FAT CARBS FIBER

SMOOTHIE BOWL

INGREDIENTS

½ small banana
½ cup frozen berries
½ cup spinach
¾ cup almond milk
½ tbsp chia seeds
¼ cup granola
½ scoop vanilla XS grass-fed whey protein

Blend banana, berries, spinach, whey protein and almond milk. Pour into a bowl. Top with chia seeds and granola.

358 **22g** **10g** **45g** **8g**
CALORIES PROTEIN FAT CARBS FIBER

INGREDIENTS

1 banana
½ cup frozen berries
¾ cup spinach
1 cup almond milk
1 tbsp chia seeds
½ cup granola
1 scoop vanilla XS grass-fed whey protein

Blend banana, berries, spinach, whey protein and almond milk. Pour into a bowl. Top with chia seeds and granola.

468 **35g** **12g** **55g** **10g**
CALORIES PROTEIN FAT CARBS FIBER

DIET PLAN

XS TONING

BREAKFAST				
1,900 CALORIE DIET				2,400 CALORIE DIET
BREAKFAST BURRITO				
INGREDIENTS 1 whole grain tortilla 1 whole egg + 2 egg whites ½ cup black beans ½ cup salsa ½ avocado Scramble eggs and cook until set. Fill tortilla with eggs, beans, salsa and avocado. Roll up and serve.				INGREDIENTS 2 whole grain tortillas 2 whole eggs + 3 egg whites ½ cup black beans ½ cup salsa ½ avocado Scramble eggs and cook until set. Fill tortilla with eggs, beans, salsa and avocado. Roll up and serve.
396 CALORIES	25g PROTEIN	13g FAT	45g CARBS	11g FIBER

QUINOA BREAKFAST BOWL				
INGREDIENTS ½ cup cooked quinoa ½ cup berries ½ cup plain, non-fat Greek yogurt 1 tbsp honey Combine quinoa, berries and Greek yogurt in a bowl. Drizzle with honey.				INGREDIENTS ¾ cup cooked quinoa ¾ cup berries 1 ¼ cups plain, 2% Greek yogurt 2 tbsp honey Combine quinoa, berries and Greek yogurt in a bowl. Drizzle with honey.
296 CALORIES	20g PROTEIN	4g FAT	45g CARBS	5g FIBER

LUNCH				
1,900 CALORIE DIET†				2,400 CALORIE DIET†
GRILLED CHICKEN AND QUINOA SALAD				
INGREDIENTS ¾ cup cooked quinoa 4 oz grilled chicken breast 1 ½ cups mixed greens 1 cup cherry tomatoes (halved) ½ avocado 1 tbsp olive oil Slice chicken breast. Mix quinoa, greens, tomatoes and avocado. Dress with olive oil.				INGREDIENTS 1 cup cooked quinoa 6 oz grilled chicken breast 1 ½ cups mixed greens 1 cup cherry tomatoes ½ avocado 1 tbsp olive oil Slice chicken breast. Mix quinoa, greens, tomatoes and avocado. Dress with olive oil.
465 CALORIES	38g PROTEIN	17g FAT	40g CARBS	8g FIBER

DIET PLAN

XS TONING

LUNCH

1,900 CALORIE DIET

2,400 CALORIE DIET

LENTIL AND VEGETABLE SOUP

INGREDIENTS

1 cup cooked lentils
1 carrot (chopped)
1 celery stalk (chopped)
1 tomato (diced)
½ onion (diced)
1 garlic clove (minced)

Sauté onion and garlic. Add vegetables, lentils and water or broth per instructions on the lentil packaging. Simmer until lentils are tender.

320 **22g** **5g** **47g** **17g**
CALORIES PROTEIN FAT CARBS FIBER

INGREDIENTS

1 ½ cups cooked lentils
1 ½ carrots (chopped)
1 ½ celery stalks (diced)
1 ½ tomatoes (diced)
1 onion (diced)
1 ½ garlic cloves (minced)

Sauté onion and garlic. Add vegetables, lentils and water or broth per instructions on the lentil packaging. Simmer until lentils are tender.

480 **35g** **7g** **69g** **22g**
CALORIES PROTEIN FAT CARBS FIBER

GRILLED CHICKEN, HUMMUS AND VEGGIE WRAP

INGREDIENTS

1 small whole grain tortilla
2 tbsp hummus
3 oz grilled chicken breast (sliced)
½ cup cucumber (chopped)
½ cup bell pepper (chopped)
1 ½ cups spinach

Spread hummus on wrap. Add chicken, sliced vegetables and spinach. Roll up and serve.

386 **30g** **11g** **42g** **9g**
CALORIES PROTEIN FAT CARBS FIBER

INGREDIENTS

1 large whole grain tortilla
3 tbsp hummus
5 oz grilled chicken breast (sliced)
½ cup cucumber (chopped)
½ cup bell pepper (chopped)
1 ½ cups spinach

Spread hummus on wrap. Add chicken, sliced vegetables and spinach. Roll up and serve.

534 **44g** **15g** **56g** **10g**
CALORIES PROTEIN FAT CARBS FIBER

TURKEY AND AVOCADO SANDWICH

INGREDIENTS

2 slices whole grain bread
3 slices turkey breast
¼ avocado
1-2 leaves of romaine lettuce
1-2 slices of tomato
1 tsp mustard

Layer turkey, avocado, lettuce, tomato and mustard on bread slices. Slice and serve.

396 **26g** **12g** **46g** **8g**
CALORIES PROTEIN FAT CARBS FIBER

INGREDIENTS

2 slices whole grain bread
6 slices turkey breast
½ avocado
2 leaves romaine lettuce
2 slices tomato
2 tsp mustard

Layer turkey, avocado, lettuce, tomato and mustard on bread slices. Slice and serve.

602 **56g** **19g** **52g** **10g**
CALORIES PROTEIN FAT CARBS FIBER

DIET PLAN

XS TONING

LUNCH

1,900 CALORIE DIET

2,400 CALORIE DIET

CHICKPEA SALAD

INGREDIENTS

¼ cup crumbled feta cheese
 1 cup chickpeas (drained and rinsed)
 ¼ cup cucumber (diced)
 ¼ cup tomato (diced)
 ¼ cup red onion (chopped)
 5 black olives, diced
 1 tsp olive oil
 ½ tbsp lemon juice
 ¼ tbsp dried parsley

Mix ingredients together. Dress with olive oil, lemon juice and parsley.

328

CALORIES

22g

PROTEIN

7g

FAT

44g

CARBS

16g

FIBER

INGREDIENTS

½ cup crumbled feta cheese
 1 ½ cups chickpeas (drained and rinsed)
 ¼ cup cucumber (diced)
 ¼ cup tomato (diced)
 ¼ cup red onion (chopped)
 10 black olives, diced
 1 ½ tsp olive oil
 ¾ tbsp lemon juice
 ¼ tbsp dried parsley

Mix ingredients together. Dress with olive oil, lemon juice and parsley.

516

CALORIES

36g

PROTEIN

11g

FAT

68g

CARBS

20g

FIBER

SALMON, STEAMED GREEN BEANS AND RICE

INGREDIENTS

4 oz salmon fillet
 ¾ cup steamed green beans
 ¾ cup cooked jasmine rice
 2 tsp olive oil
 1 tbsp lemon juice
 1 ½ tsp fresh dill (finely chopped)

Preheat the oven to 400°F. Place the salmon fillet on a baking sheet. Drizzle with olive oil and lemon juice, then sprinkle with dill. Bake for 15-20 minutes or until the salmon is cooked through and flakes easily with a fork. Meanwhile cook rice and steam green beans to desired doneness.

462

CALORIES

28g

PROTEIN

22g

FAT

38g

CARBS

2g

FIBER

INGREDIENTS

6 oz salmon fillet
 1 ¼ cups green beans
 1 ¼ cups cooked jasmine rice
 2 tsp olive oil
 1 ½ tbsp lemon juice
 2 tsp fresh dill (finely chopped)

Preheat the oven to 400°F. Place the salmon fillet on a baking sheet. Drizzle with olive oil and lemon juice, then sprinkle with dill. Bake for 15-20 minutes or until the salmon is cooked through and flakes easily with a fork. Meanwhile cook rice and steam green beans to desired doneness.

662

CALORIES

42g

PROTEIN

30g

FAT

56g

CARBS

3g

FIBER

QUINOA STUFFED PEPPERS

INGREDIENTS

1 bell pepper
 4 oz lean ground beef (90:10)
 ½ cup cooked quinoa
 ½ cup black beans
 ¼ cup corn
 ¼ cup salsa

Preheat the oven to 375°F. Mix the cooked quinoa, black beans, corn and salsa in a bowl. Cut the tops off the bell peppers and remove the seeds. Stuff the bell peppers with the quinoa mixture. Place the stuffed peppers in a baking dish and bake for 25-30 minutes or until the bell peppers are tender.

456

CALORIES

30g

PROTEIN

15g

FAT

50g

CARBS

9g

FIBER

INGREDIENTS

1 ½-2 bell peppers
 6 oz lean ground beef (90:10)
 ¾ cup cooked quinoa
 ¾ cup black beans
 ¼ cup corn
 ¼ cup salsa

Preheat the oven to 375°F. Mix the cooked quinoa, black beans, corn and salsa in a bowl. Cut the tops off the bell peppers and remove the seeds. Stuff the bell peppers with the quinoa mixture. Place the stuffed peppers in a baking dish and bake for 25-30 minutes or until the bell peppers are tender.

662

CALORIES

48g

PROTEIN

22g

FAT

68g

CARBS

11g

FIBER

DIET PLAN

XS TONING

LUNCH

1,900 CALORIE DIET

2,400 CALORIE DIET

TOFU STIR-FRY

INGREDIENTS

¾ block tofu (firm, ~8 oz) 1 clove garlic (minced)
 ½ cup cooked jasmine rice ¾ tsp fresh ginger
 1¼ cups mixed vegetables (grated)
 1 tbsp soy sauce

Sauté garlic and ginger. Add tofu and vegetables.
 Cook until tender. Add soy sauce.

410 **22g** **19g** **38g** **8g**
 CALORIES PROTEIN FAT CARBS FIBER

INGREDIENTS

1 block tofu (~12 oz) 1½ tbsp soy sauce
 1 cup cooked jasmine rice 1 clove garlic
 cooked 1 tsp ginger (grated)
 1½ cups mixed vegetables

Sauté garlic and ginger. Add tofu and vegetables.
 Cook until tender. Add soy sauce.

598 **40g** **21g** **62g** **13g**
 CALORIES PROTEIN FAT CARBS FIBER

DINNER

1,900 CALORIE DIET[†]

2,400 CALORIE DIET[†]

BAKED SALMON WITH ASPARAGUS AND BROWN RICE

INGREDIENTS

4 oz salmon fillet 1 tbsp olive oil
 1 cup asparagus 1 tbsp lemon juice
 ¾ cup cooked brown rice

Preheat the oven to 400°F. Place the salmon fillet on a baking sheet and drizzle with olive oil and lemon juice. Bake for 15-20 minutes, or until the salmon is cooked through and flakes easily with a fork. Steam the asparagus for 5-7 minutes until tender. Serve the baked salmon and steamed asparagus with cooked brown rice.

476 **30g** **24g** **35g** **5g**
 CALORIES PROTEIN FAT CARBS FIBER

INGREDIENTS

6 oz salmon fillet 2 tsp olive oil
 1½ cups asparagus 1½ tbsp lemon juice
 1¼ cups cooked brown rice

Preheat the oven to 400°F. Place the salmon fillet on a baking sheet and drizzle with olive oil and lemon juice. Bake for 15-20 minutes, or until the salmon is cooked through and flakes easily with a fork. Steam the asparagus for 5-7 minutes until tender. Serve the baked salmon and steamed asparagus with cooked brown rice.

658 **45g** **31g** **50g** **7g**
 CALORIES PROTEIN FAT CARBS FIBER

CHICKEN AND VEGETABLE STIR-FRY

INGREDIENTS

4 oz grilled chicken breast 1 clove garlic, minced
 1 cup mixed vegetables 1 tsp olive oil
 ¾ cup cooked wild rice 1 tsp freshly grated
 1 tbsp soy sauce ginger

Sauté garlic and ginger in olive oil. Add chicken and cook until browned. Add vegetables and soy sauce. Cook until tender.

405 **32g** **13g** **40g** **7g**
 CALORIES PROTEIN FAT CARBS FIBER

INGREDIENTS

6 oz grilled chicken breast 1½ tsp olive oil
 1½ cups mixed vegetables 1½ tsp freshly grated
 1¼ cup cooked wild rice ginger
 1½ tbsp soy sauce
 1½ cloves garlic, minced

Sauté garlic and ginger in olive oil. Add chicken and cook until browned. Add vegetables and soy sauce. Cook until tender.

655 **48g** **23g** **64g** **12g**
 CALORIES PROTEIN FAT CARBS FIBER

DIET PLAN

XS TONING

DINNER

1,900 CALORIE DIET

2,400 CALORIE DIET

QUINOA AND BLACK BEAN STUFFED SWEET POTATOES

INGREDIENTS

1 large sweet potato
 ½ cup cooked quinoa
 ½ cup black beans
 ½ cup salsa
 1 tsp butter

½ avocado
 Salt and pepper to taste

Preheat the oven to 400°F. Bake the sweet potato for 45-60 minutes or until tender. While the sweet potato is baking, mix the cooked quinoa and black beans. Once the sweet potato is tender, cut it open and top with the quinoa and bean mixture, salsa and avocado slices.

470 **19g** **18g** **58g** **10g**
 CALORIES PROTEIN FAT CARBS FIBER

INGREDIENTS

2 medium sweet potatoes
 1 cup cooked quinoa
 ½ cup black beans
 ½ cup salsa
 1 tsp butter

½ avocado
 Salt and pepper to taste

Preheat the oven to 400°F. Bake the sweet potato for 45-60 minutes or until tender. While the sweet potato is baking, mix the cooked quinoa and black beans. Once the sweet potato is tender, cut it open and top with the quinoa and bean mixture, salsa and avocado slices.

660 **27g** **25g** **82g** **15g**
 CALORIES PROTEIN FAT CARBS FIBER

LENTIL AND TOMATO SALAD

INGREDIENTS

1 ¼ cups cooked lentils
 1 cup cherry tomatoes
 ½ cup cucumber
 ½ cup red onion

1 tbsp parsley
 1 tbsp olive oil
 1 tbsp lemon juice

Mix lentils, tomatoes, cucumber and onion. Dress with olive oil, lemon juice and parsley.

416 **25g** **12g** **52g** **18g**
 CALORIES PROTEIN FAT CARBS FIBER

INGREDIENTS

2 cups cooked lentils
 1 ½ cups cherry tomatoes
 ¾ cup cucumber

¾ cup red onion
 1½ tbsp parsley
 1½ tbsp olive oil
 1½ tbsp lemon juice

Mix lentils, tomatoes, cucumber and onion. Dress with olive oil, lemon juice and parsley.

602 **35g** **18g** **75g** **27g**
 CALORIES PROTEIN FAT CARBS FIBER

VEGETABLE CURRY WITH BROWN RICE

INGREDIENTS

1 ½ cups mixed vegetables
 ¾ cup light coconut milk

¾ tbsp curry powder
 1 clove garlic
 1 tsp ginger
 ½ cup cooked brown rice

Sauté garlic and ginger. Add vegetables, coconut milk and curry powder. Simmer until vegetables are tender. Serve with brown rice.

402 **16g** **17g** **46g** **10g**
 CALORIES PROTEIN FAT CARBS FIBER

INGREDIENTS

2 ½ cups mixed vegetables
 1 ¼ cups light coconut milk

1½ tbsp curry powder
 1½ cloves garlic
 1½ tsp ginger
 1 cup cooked brown rice

Sauté garlic and ginger. Add vegetables, coconut milk and curry powder. Simmer until vegetables are tender. Serve with brown rice.

598 **24g** **30g** **58g** **15g**
 CALORIES PROTEIN FAT CARBS FIBER

DIET PLAN

XS TONING

DINNER

1,900 CALORIE DIET

2,400 CALORIE DIET

SPAGHETTI SQUASH WITH MARINARA SAUCE

INGREDIENTS

½ large spaghetti squash
1 cup marinara sauce
3 oz cooked lean ground beef (93:7)

1 clove garlic
1 tsp dried basil
1 tbsp Parmesan cheese

Preheat the oven to 400°F. Cut the spaghetti squash in half and remove the seeds. Place the squash halves cut-side down on a baking sheet and bake for 40-45 minutes or until tender. Scrape the strands into a bowl using a fork. In a saucepan, heat the marinara sauce and ground beef with garlic and basil until warm. Pour the marinara sauce over the squash strands and top with Parmesan cheese.

450 **33g** **14g** **48g** **9g**
CALORIES PROTEIN FAT CARBS FIBER

INGREDIENTS

1 large spaghetti squash
1 ½ cups marinara sauce
6 oz cooked lean ground beef (93:7)

1 ½ cloves garlic
1 ½ tsp dried basil
1 ½ tbsp Parmesan cheese

Preheat the oven to 400°F. Cut the spaghetti squash in half and remove the seeds. Place the squash halves cut-side down on a baking sheet and bake for 40-45 minutes or until tender. Scrape the strands into a bowl using a fork. In a saucepan, heat the marinara sauce and ground beef with garlic and basil until warm. Pour the marinara sauce over the squash strands and top with Parmesan cheese.

658 **46g** **22g** **69g** **18g**
CALORIES PROTEIN FAT CARBS FIBER

GRILLED SHRIMP WITH QUINOA AND VEGETABLES

INGREDIENTS

¾ cup cooked shrimp
¾ cup cooked quinoa
¾ cup mixed vegetables
1 tbsp olive oil
1 tbsp lemon juice

Grill shrimp with olive oil and lemon. Serve with quinoa and sautéed vegetables.

434 **30g** **17g** **40g** **7g**
CALORIES PROTEIN FAT CARBS FIBER

INGREDIENTS

1 ½ cups cooked shrimp
1 ½ cups cooked quinoa
1 ½ cups mixed vegetables
1 ½ tbsp olive oil
1 ½ tbsp lemon juice

Grill shrimp with olive oil and lemon. Serve with quinoa and sautéed vegetables.

618 **38g** **22g** **67g** **15g**
CALORIES PROTEIN FAT CARBS FIBER

STUFFED BELL PEPPERS WITH GROUND TURKEY

INGREDIENTS

1 bell pepper
3 oz lean ground turkey (93%)
¾ cup cooked brown rice
¾ cup tomato sauce

½ onion (diced)
½ clove garlic (minced)
Salt and pepper to taste

Preheat the oven to 375°F. Sauté the onion and garlic in a skillet until translucent. Add the ground turkey and cook until browned. Mix the cooked turkey with the cooked brown rice and tomato sauce. Cut the tops off the bell peppers and remove the seeds. Stuff the bell peppers with the turkey mixture. Place the stuffed peppers in a baking dish and bake for 25-30 minutes or until the bell peppers are tender.

431 **30g** **15g** **44g** **10g**
CALORIES PROTEIN FAT CARBS FIBER

INGREDIENTS

2 bell peppers
6 oz lean ground turkey (93%)
1 ¼ cups cooked brown rice

¾ cup tomato sauce
¾ onion (diced)
¾ clove garlic (minced)
Salt and pepper to taste

Preheat the oven to 375°F. Sauté the onion and garlic in a skillet until translucent. Add the ground turkey and cook until browned. Mix the cooked turkey with the cooked brown rice and tomato sauce. Cut the tops off the bell peppers and remove the seeds. Stuff the bell peppers with the turkey mixture. Place the stuffed peppers in a baking dish and bake for 25-30 minutes or until the bell peppers are tender.

634 **45g** **22g** **64g** **15g**
CALORIES PROTEIN FAT CARBS FIBER

DIET PLAN

XS TONING

SNACKS

1,900 CALORIE DIET

2,400 CALORIE DIET

HUMMUS WITH CARROT AND CUCUMBER STICKS

INGREDIENTS

½ cup hummus
1 cup sliced carrots and cucumbers

Serve hummus with carrot and cucumber sticks.

200 **6g** **10g** **20g** **5g**
CALORIES PROTEIN FAT CARBS FIBER

INGREDIENTS

½ cup hummus
1 ½ cups sliced carrots and cucumbers
1 light mozzarella cheese stick (or 1 oz low-fat cheese)

Serve hummus with carrot and cucumber sticks and cheese stick.

288 **15g** **12g** **30g** **7g**
CALORIES PROTEIN FAT CARBS FIBER

Greek YOGURT WITH HONEY AND BERRIES

INGREDIENTS

¾ cup plain, 2% milk-fat Greek yogurt
½ tbsp honey
½ cup mixed berries

Mix Greek yogurt with honey and top with berries.

240 **16g** **4g** **35g** **2g**
CALORIES PROTEIN FAT CARBS FIBER

INGREDIENTS

1 ½ cups plain, 2% Greek yogurt
1 ½ tbsp honey
¾ cup mixed berries

Mix Greek yogurt with honey and top with berries.

408 **32g** **8g** **52g** **3g**
CALORIES PROTEIN FAT CARBS FIBER

ALMOND BUTTER AND APPLE SLICES

INGREDIENTS

1 small apple
2 tbsp almond butter

Slice apple and serve with almond butter.

264 **6g** **16g** **24g** **6g**
CALORIES PROTEIN FAT CARBS FIBER

INGREDIENTS

1 large apple
3 tbsp almond butter

Slice apple and serve with almond butter.

386 **9g** **22g** **38g** **9g**
CALORIES PROTEIN FAT CARBS FIBER

DIET PLAN

XS TONING

SNACKS				
1,900 CALORIE DIET		2,400 CALORIE DIET		
PROTEIN SHAKE				
INGREDIENTS 1 scoop chocolate XS grass-fed whey protein 1 cup almond milk ½ banana 1 tbsp peanut butter Blend all ingredients until smooth.		INGREDIENTS 1 ½ scoops chocolate XS grass-fed whey protein 1 ½ cups almond milk ¾ banana 1 ½ tbsp peanut butter Blend all ingredients until smooth.		
270 CALORIES 25g PROTEIN 10g FAT 20g CARBS 3g FIBER		375 CALORIES 30g PROTEIN 15g FAT 30g CARBS 4g FIBER		
MIXED NUTS AND DRIED FRUIT				
INGREDIENTS ¼ cup mixed nuts ¼ cup dried fruit Mix nuts and dried fruit together.		INGREDIENTS ½ cup mixed nuts ½ cup dried fruit Mix nuts and dried fruit together.		
300 CALORIES 8g PROTEIN 18g FAT 32g CARBS 4g FIBER		450 CALORIES 12g PROTEIN 30g FAT 52g CARBS 7g FIBER		
VEGGIE STICKS WITH GUACAMOLE				
INGREDIENTS ½ cup guacamole ½ portion sliced bell pepper, carrots and celery Serve veggie sticks with guacamole.		INGREDIENTS ½ cup guacamole 1 ½ portions sliced bell pepper, carrots and celery Serve veggie sticks with guacamole.		
100 CALORIES 2g PROTEIN 7.5g FAT 7.5g CARBS 3.5g FIBER		300 CALORIES 6g PROTEIN 22.5g FAT 22.5g CARBS 10.5g FIBER		

DIET PLAN

XS TONING

SNACKS		
1,900 CALORIE DIET		2,400 CALORIE DIET
HARD BOILED EGGS		
INGREDIENTS 2 eggs		INGREDIENTS 3 eggs
Place eggs in a pot and cover them with cold water by 1 inch. Bring the water to boil over high heat. As soon as the water begins to boil, turn off the heat and cover the pot, leaving the egg in the hot water for 6-7 minutes for Soft-Boiled, 8-9 minutes for Medium-Boiled or 10-12 minutes for Hard-Boiled. Move the egg to an icebath for 14 minutes before you peel the egg.		Place eggs in a pot and cover them with cold water by 1 inch. Bring the water to boil over high heat. As soon as the water begins to boil, turn off the heat and cover the pot, leaving the egg in the hot water for 6-7 minutes for Soft-Boiled, 8-9 minutes for Medium-Boiled or 10-12 minutes for Hard-Boiled. Move the egg to an icebath for 14 minutes before you peel the egg.
160 CALORIES 12g PROTEIN 11g FAT 1g CARBS 0g FIBER		240 CALORIES 18g PROTEIN 16g FAT 1.5g CARBS 0g FIBER
COTTAGE CHEESE WITH PINEAPPLE		
INGREDIENTS ½ cup low-fat cottage cheese ½ cup pineapple chunks		INGREDIENTS 1 cup low-fat cottage cheese ¾ cup pineapple chunks
Mix cottage cheese with pineapple chunks.		Mix cottage cheese with pineapple chunks.
180 CALORIES 14g PROTEIN 3g FAT 20g CARBS 1g FIBER		268 CALORIES 28g PROTEIN 4g FAT 30g CARBS 1.5g FIBER

FITNESS PLAN

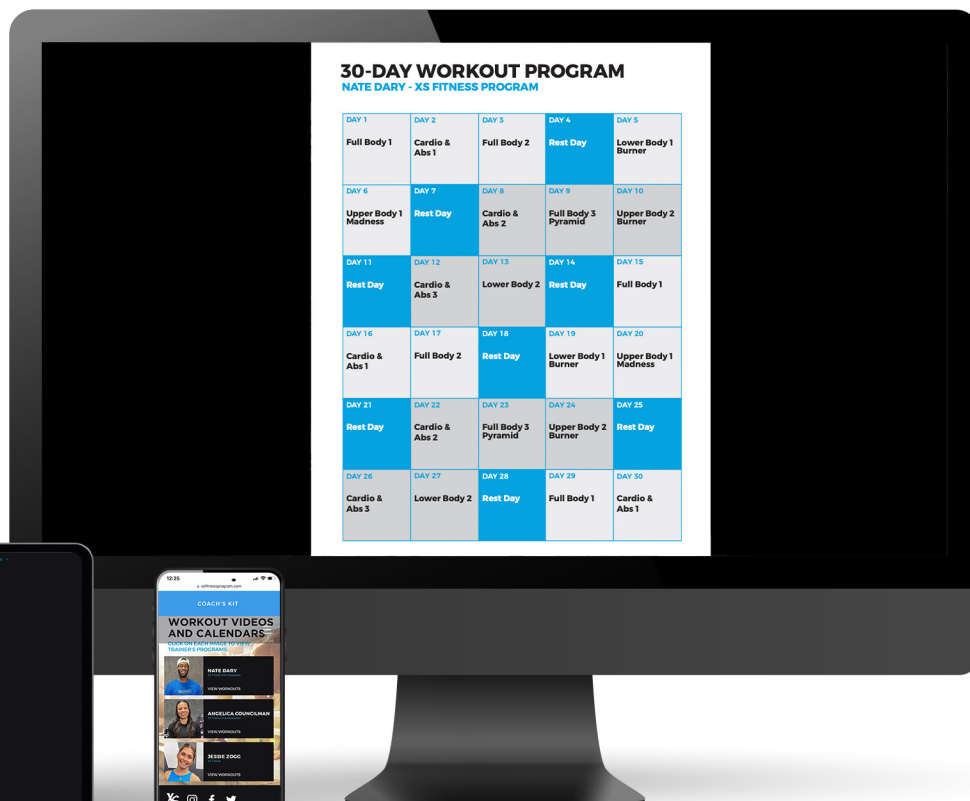
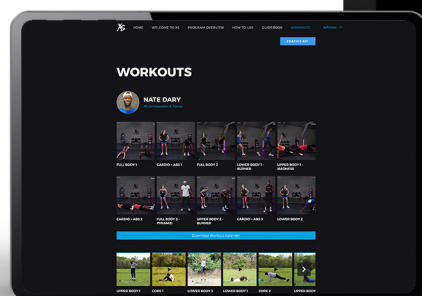
XS TONING

Creating or maintaining a healthy fitness routine will not only help you feel better, but it will also boost the benefits of your diet changes and help accelerate your toning goals overall. As a general guideline, start by scheduling time to get in your 10–30-minute workouts.

- Try including any of the Toning Programs created by our XS Fitness Trainers on the website. Utilize the offered 30-day workout calendars so you can easily follow along and track each day.
- Incorporate interval training and exercises that target different muscle groups at the same time, i.e., lunge + bicep curls combo.
- Try adding in breathwork to reduce stress, which elevates cortisol levels and triggers your body to store unwanted fat.
- Schedule time to speak with a Trainer to create a targeted fitness plan, ask the XS Fitness Community for their favorite HIIT workout recommendations or even create your own workout.
- For great options at every fitness level, scan the QR code below to explore our Toning Programs from our XS Fitness Trainers.



Scan to view workouts



Looking “toned” requires a combination of BOTH building muscle and losing fat, so keep that in mind when creating a fitness plan. While HIIT workouts are one of the most effective forms of exercise for toning up, explore all of your options from heavy lifting to Pilates or dancing. Once you’ve found a few workouts you truly enjoy, build your plan around that. And remember whatever you choose, have fun!

PRODUCTS

XS TONING

Combined with the changes from your personal diet and fitness plan, the XS Toning Stack includes products chosen to help amplify your energy, support a healthy metabolism, build lean muscle* and instantly level-up your workouts so you can achieve a tighter, more toned silhouette even faster! Following is a breakdown of the products included in your 30-Day program as well as daily usage recommendations.

THE XS TONING STACK - RD\$11,100 + itbis

- XS™ Energy + Focus
- XS™ Grass-Fed Whey Protein x2
- XS™ Sports Protein Shake x2
- Nutrilite™ Lean Muscle (CLA)



Please note that while we'll do our best to get all of your XS Toning products to you as quickly as possible, they'll be shipped in separate packages and may not arrive on the same date.

*When combined with regular weight/resistance training and a healthy, balanced diet

MORNING WORKOUT PRODUCT USE REGIMEN 30-DAY

	>>>>				>>>>				
PRE-BREAKFAST	BREAKFAST	20-30MINS BEFORE WORKOUT	WORKOUT	IMMEDIATELY AFTER WORKOUT	20-30 MINS AFTER WORKOUT	LUNCH	MID AFTERNOON SNACK	DINNER	BEFORE BED
	Nutriline CLA 500 2 Softgels with breakfast	XS Energy+Focus Dietary Supplement			XS Protein Shake 1 Scoop	Nutriline CLA 500 2 Softgels with lunch		Nutriline CLA 500 2 Softgels with dinner	

NUTRILITE™ CLA 500

3X DAILY 2 SOFTGELS

What it does: Provides conjugated linolic acid (CLA), an essential fatty acid, which is designed to help reduce body fat and support lean muscle retention when combined with a reduced-calorie diet and moderate physical activity.^{†‡}

How to use it: Take two softgels three times daily, preferably with your meals. And before you go thinking, "That's a lot of supplements. Do I really need to take it three times a day? I'm not sure I'll remember, etc.," remind yourself why you're doing this program and think about how motivated you really are to get toned. Now, ask yourself whether achieving or possibly exceeding your toning goals is worth the effort of remembering to take a few supplements? We think so too.

Why you'll love it:

Nutriline™ CLA 500 is designed to help reduce body fat and support lean muscle retention when combined with a reduced-calorie diet and moderate physical activity.^{†‡} And the more lean muscle you're rocking, the faster you're reaching those fitness goals. Nutriline™ CLA 500 contains Conjugated Linoleic Acid (CLA), which is an essential fatty acid from vegetable sources like safflower oil, and has been shown to support lean muscle retention ... Those are wins all around!



BENEFITS

- 30 g Grass-Fed Whey Protein Isolate and 6.9 g BCAAs*.
- Keto friendly.
- Gluten, soy, and hormone free.
- Naturally flavored and sweetened with Stevia.
- No artificial colors, flavors, sweeteners, gums, or fillers.

*Branch-Chain Amino Acids

XS GRASS-FED WHEY

1X DAILY 1-SCOOP

What it does: Delivers fast-acting whey protein and BCAAs to help build and repair muscles in adventure-ready.[‡]

How to use it: Scoop and shake up a high-protein snack anytime or make after your workout to help build and repair muscle.[‡]

Why you'll love it: This little protein scoop delivers everything you want from a protein shake – and tastes so good you'll actually look forward to drinking it!

*When combined with regular weight/resistance training and a healthy, balanced diet.

†This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

‡Anyone with a medical condition, including diabetes and hypoglycemia, should consult a physician before using this product.

AFTERNOON WORKOUT PRODUCT USE REGIMEN 30-DAY

Product usage recommendations based on someone working out after consuming two meals.

			>>>>						>>>>										
PRE-BREAKFAST		BREAKFAST		LUNCH		20-30 MINS BEFORE WORKOUT		WORKOUT		IMMEDIATELY AFTER WORKOUT		20-30 MINS AFTER WORKOUT		MID AFTERNOON SNACK		DINNER		BEFORE BED	
		Nutralite CLA 500 2 Softgels with breakfast		Nutralite CLA 500 2 Softgels with lunch		XS Energy+Focus Dietary Supplement 1 Tablet						XS Protein Shake 1 Scoop				Nutralite CLA 500 2 Softgels with dinner			

XS™ ENERGY+FOCUS

1X DAILY 1 TABLET

What it does: Helps maximize your endurance, boost your mental focus and crush your workouts.†

How to use it: Take one tablet before physical activity. Energy+Focus provides long-lasting energy, so take first thing in the morning if you work out early in the day, after lunch or around your afternoon slump if you work out in the late afternoon or evening.

Why you'll love it: Because not only does it help to improve your endurance and mental focus so you can push the limits of your fitness routine further, research suggests rhodiola rosea supports the body's stress response system, which can help with recovery time.

BENEFITS

- 75 mg of caffeine from green tea extract.
- 100 mg of ancient, arctic herb rhodiola rosea celebrated for its natural ability to increase energy supports the body's stress response system, which can help recovery time.†
- A powerful combination of natural vitamins and antioxidant protection including vitamin C, 50 mg of dehydrated spinach, and Nutrilite™ exclusive Acerola Cherry Extract.†



BENEFITS

- 25g of whey and casein protein for immediate protein delivery
- Conveniently ready to drink
- Caffeine Free
- Gluten Free
- Just one gram of sugar

XS™ Sports Protein Shakes

1X DAILY 1 SHAKE

What it does: A delicious vanilla protein shake that helps build and maintain lean muscle mass.†

How to use: Chill, shake, and serve.

Why you'll love it: A delicious and convenient protein shake you can drink on the go that helps build and maintain lean muscle mass.†

†This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

EVENING WORKOUT PRODUCT USE REGIMEN 30-DAY

Product usage recommendations based on someone working out after consuming two meals.

	>>>>				>>>>			
PRE-BREAKFAST	BREAKFAST	MID MORNING SNACK	LUNCH	MID AFTERNOON SNACK	20-30 MINS BEFORE WORKOUT	WORKOUT	IMMEDIATELY AFTER WORKOUT	DINNER
	Nutriline CLA 500 2 Softgels with breakfast	XS Protein Shake 1 Scoop	Nutriline CLA 500 2 Softgels with lunch		XS Energy+Focus Dietary Supplement 1 Tablet			Nutriline CLA 500 2 Softgels with dinner

TRACK YOUR PROGRESS

While you'll want to revisit your fitness goals and micro-habits daily, use this page to track your toning progress along the way. You've already captured your baseline weight and measurements on page 8. As an optional check-in, use the Day 8 – Measurements chart below to track any initial changes you may have experienced after your first full week with the program. Whether you see gains, losses or no significant changes, this is also a perfect time to touch base with your XS Fit Coach, review any questions you may have on your diet and fitness plans, ask for advice on product usage or even ask about additional products you may want to try.

Then, use the Day 31 – Measurements to:

- Track your weight post-XS Toning Program.
- Take note of your updated measurements.
- Capture your new progress pics, compare them to day 1, and let even the smallest changes motivate you to keep going!



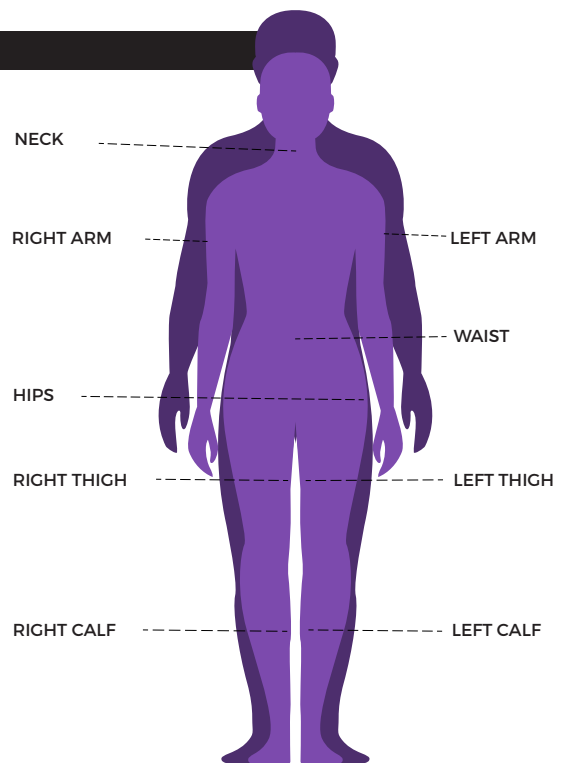
Remember, if weights and measures aren't how you want to track your toning success, that's fine! Take some time here to think about the positive changes you have noticed.

DAY 8 – MEASUREMENTS

Date:	Weight:
Arm (R):	Thigh (R):
Arm (L):	Thigh (L):
Chest:	Neck:
Waist:	Calf (R):
Hips:	Calf (L):

DAY 31 – MEASUREMENTS

Date:	Weight:
Arm (R):	Thigh (R):
Arm (L):	Thigh (L):
Chest:	Neck:
Waist:	Calf (R):
Hips:	Calf (L):



TONING PROGRAM

FITNESS ASSESSMENT



INTRODUCTION

For the XS Toning Fitness Program, physical assessments should focus on strength endurance, muscle definition, and functional movement. The goal is to track improvements in muscle endurance, core strength, stability and overall body tone. Here are some recommended assessments:

TESTING SAFETY TIPS

- Make sure to properly warm up before performing any of these assessments.
- Ensure you understand and use proper form to minimize injury risk.

POST-WORKOUT PROGRAM ASSESSMENT

DURATION	ASSESSMENT	PURPOSE	ENTRY
One minute	Max push ups or modified push ups (if needed)	Assesses upper body endurance and strength, particularly in the chest, shoulders and triceps.	
Until failure	Max plank hold (It can be forearm or straight arm planks).	Tests core endurance, stability and muscular strength.	
One minute	Max burpees test	A great indicator of full-body cardiovascular fitness and endurance.	
One minute	Max body weight squats	Evaluates lower body endurance (quads, hamstrings, glutes) and muscle tone.	
Until failure	Single leg balance test (Stand on one leg with eyes open (or closed) for as long as possible).	Tests lower body stability, core engagement and balance.	

No matter how big or small your changes, this is a perfect time to puff out your chest, admire your abs, dance like no one's watching or do whatever it is you do to celebrate your fierceness! If nothing else, take a moment to feel proud and acknowledge you made a commitment to yourself and followed through on it. You just finished 30 days of focused toning work: that alone is a great success!

Take some time to reflect on your experience, revisit your goals and micro-habits, and then use the space below to capture some of your wins, likes, dislikes, etc.

Here are some ideas to get you started:

- What were you able to learn or what were your biggest takeaways from the past month?
- How do you feel? More confident/proud/toned? Do you have more energy?
- Did you find workouts you love for both building muscle and reducing body fat?
- Were there any products you can't believe you've survived this long without?

Finally, ask yourself the one question every adventurer thinks about...

What's your next fitness journey going to be?



CONTINUE THE ADVENTURE

The great thing about this XS Fitness Program is it was designed with flexibility and an understanding that while your goals may change over time, your fitness journey never ends. So, what's the right next step for you?

- Maybe life happened, you're still working toward your original fitness goal or you want to keep the momentum going, push your goals even further and commit to repeating the XS Toning Program again?
- Perhaps you reached your toning goals or just want to shift your focus and try other XS Fitness Programs?
- Or, maybe you want to schedule your next XS Fitness adventure for a future date on the calendar when you're feeling ready to push your limits further and dive back in?

As you're finishing up your program, be sure to talk to your XS Fit Coach. They can help you make a plan, and whatever path you choose, you've already got the XS Fitness framework, community, products and support in place to continue your journey toward living a better, healthier life.