

## Health Checklist & 5 Day Miracle Call

**Associate Name:** \_\_\_\_\_

### 1 Purpose

This is a check in to celebrate how the new associate is feeling at the 5-day mark as compared to how they felt prior to starting isagenix. This call also helps the new associate share with others based on their results.

Use the Health checklist below for both Day 1 and Day 5 and compare results.

Health Checklist	Initial Interview	Day Five	Maintenance Call
	Date:	Date:	Date:
Do you feel you have energy throughout the day?			
Do you wake up feeling rested?			
How is your digestion?			
How is your mental focus throughout the day?			
How is your athletic performance?			
Do your moods fluctuate?			
Can you review for how your shake and cleanse days are going?			

Is there anything you want to add?

Notes: