

CHALLENGE CHECKLIST

- ☐ Register and choose ONE challenge start date
- ☐ Weigh in for Phase 1
- ☐ Take measurements "Phase 1"
See Maintenance book or Quick guide for more details
- ☐ Take 3 "before" photos at home
See Maintenance book or Quick guide for more details
- ☐ Participate in the exclusive Dherbs180 Facebook Group
- ☐ Try our #NewMeMonday tips to enhance your experience
- ☐ Complete journal entries throughout the challenge
- ☐ Weigh in for Phase 2
- ☐ Take measurements "Phase 2"
See Maintenance book or Quick guide for more details
- ☐ Take 3 "Phase 2" photos at home
See Maintenance book or Quick guide for more details
- ☐ Weigh in for Phase 3
- ☐ Take measurements "Phase 3"
See Maintenance book or Quick guide for more details
- ☐ Take 3 "Phase 3" photos at home
See Maintenance book or Quick guide for more details
- ☐ Deliberation to determine a winner. It could be YOU!
- ☐ Celebrate! You are now on the path of a healthier life!

QUESTIONS?

Contact support@dherbs180.com

