

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

