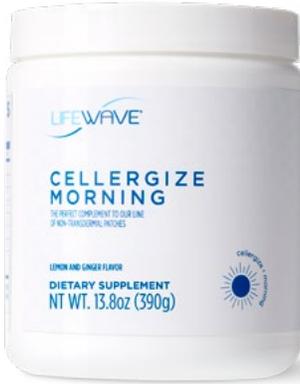


# Cellergize Wellness Workbook



Live Long. Live Well. Live Young.



# Are You Ready to Power On, Taking Your Wellness to the Next Level?

The purpose of this interactive wellness workbook is to empower you with healthy habits and awareness that will produce your desired results—to move with more energy, achieve or maintain a healthy lifestyle, perform at a higher level, enjoy faster recovery, sleep restfully, and so much more.

When optimized by the revitalizing blend of Cellergize’s essential micronutrient profile and complementary use of LifeWave’s Wearable Patch Technology, your efforts lead to supercharged wellness results.

## OVER THE NEXT 30 DAYS, THIS WORKBOOK WILL REQUIRE:

### INITIAL PREPARATION

20 minutes to complete your assessment, measurements, goals, and intention before you begin.

### DAILY

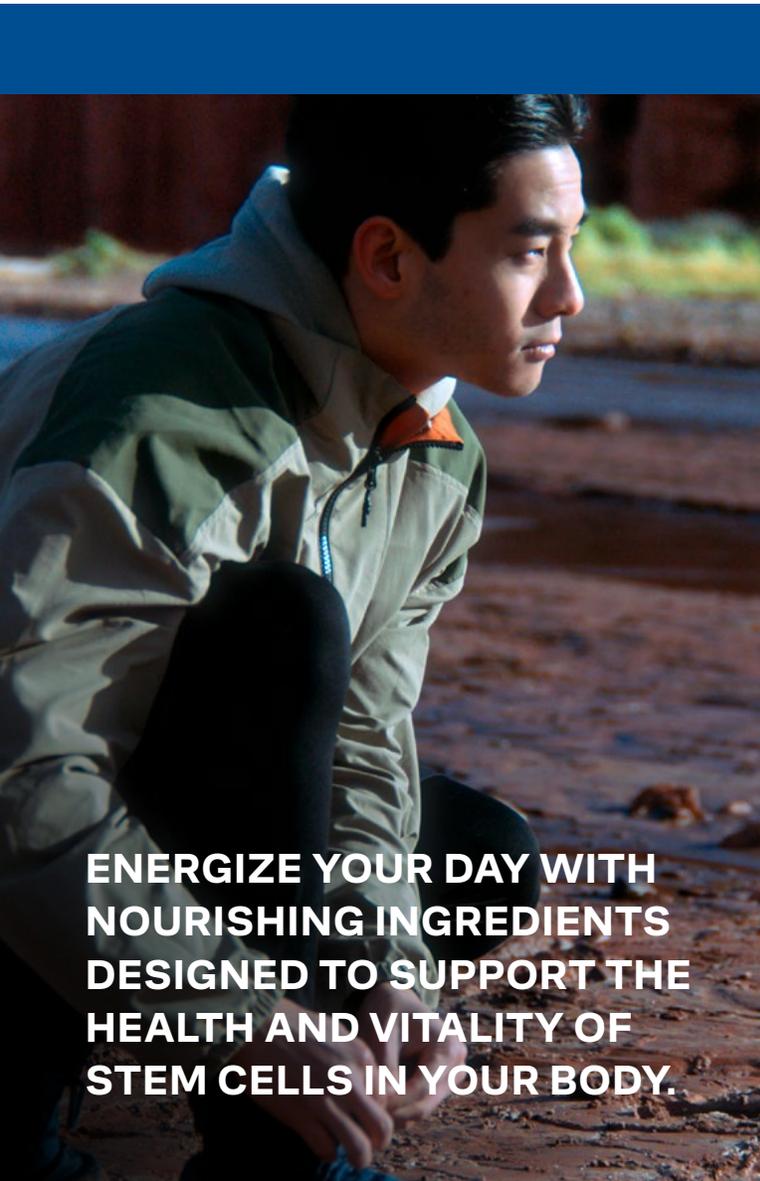
3 minutes to record your healthy habits daily.

### WEEKLY

5 minutes to record your weekly health changes.

At LifeWave, we believe you deserve to live the life you’ve always wanted and feel your absolute best. All it takes is the first step.

We are here to help you along the way!



**ENERGIZE YOUR DAY WITH NOURISHING INGREDIENTS DESIGNED TO SUPPORT THE HEALTH AND VITALITY OF STEM CELLS IN YOUR BODY.**



## SET YOUR INTENTION

Let's get started by prioritizing your intentions.

With an understanding of why your health and wellness ambitions are important, you can create clear, focused goals that are absolutely achievable.

Consider how LifeWave's Cellergize nutritional supplements and Patch technology—synergized to work together—can support your wellness journey.

## WHY ARE YOU PARTICIPATING IN THE CELLERGIZE WELLNESS EXPERIENCE?

### Check all that apply

- Increase Energy
- Improve Strength
- Lose Weight
- Build Self-esteem/  
Confidence
- Improve Health
- Improve Mental/  
Emotional Well-being
- Improve Digestive Health
- Improve Happiness
- Support Overall Health
- Additional Reasons



## MY WHY

The goal of this experience is to identify your core beliefs, the deep values behind why you want to complete the Cellergize Wellness Experience. In the fields below, identify the motivation behind elevating your health goals.

Example: Start with a WHY you checked off from the previous page or the reason you started this experience, then dig a little deeper.

**Q: Why do I want to improve my overall health?**

A: Because I want to live better, have the energy to try new things, and experience life.

**Q: Why do I want to live better and experience new things?**

A: Because when I challenge myself, I feel younger and more energetic.

**Q: Why do I want to feel younger?**

A: Because when I feel younger, I feel more confident and capable.

## DISCOVER THE WHY

**Q: WHY DO I: \_\_\_\_\_?**

A: \_\_\_\_\_

# SET YOUR GOALS

**What is your short-term, 30-day goal?**

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**What is your long-term health goal? (6 months or longer)**

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**In addition to elevated nutrition and wellness technology, the Cellergize Wellness Experience supports healthy habits, consistency, and progress. How will tracking your short-term goals assist you in reaching your long-term health goals?**

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# CHALLENGE

Completing this workbook is a good indicator of where you are on your health journey, and can help you see your progress as you complete your Cellergize Wellness Experience.

If you experience any of the concerns in the workbook, our goal is for you to optimize your health by helping you create healthy habits. Making healthy diet choices, staying active with regular exercise, complementing your efforts with Cellergize supplements and LifeWave patch technology, we can help you become your healthiest self. You just have to start. You may be surprised how many of your concerns improve in this short period of time.



## USE THE FOLLOWING RATING SCALE

0	1	2	3	4
Never or almost never have this concern	Occasionally have it, effect is not severe	Occasionally have it, effect is severe	Frequently have it, effect is not severe	Frequently have it, effect is severe

ENERGY LEVELS	BEFORE	AFTER	DIFFERENCE
OCCASIONAL FATIGUE OR TIREDNESS			
DIGESTION	BEFORE	AFTER	DIFFERENCE
NAUSEA			
IRREGULARITY			
FEELING BLOATED			
BELCHING OR PASSING GAS			
OCCASIONAL INDIGESTION			

# RATING SCALE CONTINUED

EMOTIONS	BEFORE	AFTER	DIFFERENCE
FEELING STRESSED			
IRRITABILITY / GRUMPINESS			
JOINTS AND MUSCLES	BEFORE	AFTER	DIFFERENCE
DISCOMFORT			
STIFFNESS			
LIMITATION OF MOVEMENT			
MIND	BEFORE	AFTER	DIFFERENCE
POOR CONCENTRATION			
LACK OF FOCUS			
FORGETFULNESS			
SKIN	BEFORE	AFTER	DIFFERENCE
BLEMISHES OR BREAKOUTS			
DRY SKIN			
AGING SKIN			
OTHER	BEFORE	AFTER	DIFFERENCE
DIFFICULTY SLEEPING			
EATING UNDER STRESS			
LOW ENERGY			



# MEASURE YOUR PROGRESS

To get where you're going, it's helpful to know where you've been.

Tracking your body measurements before you begin your Cellergize Wellness Experience will be an important part of understanding your progress. Over the course of your experience, notice how you feel and how your body composition changes.

Measure and weigh yourself each week at the same time of day. We recommend in the morning after you use the bathroom and before eating breakfast.

STARTING DATE:

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## PROGRESS PICTURE TIPS:

Before and after pictures are some of the best success indicators; the scale doesn't always accurately reflect how your body is changing.

**01.**

Wear form-fitting activewear or swimwear. Your stomach area should be visible—this is a great indicator of weight loss and/or muscle gain.

**02.**

Stand in front of a plain wall and take your picture in the same spot for each picture.

**03.**

Try to take your photo in natural daylight. If that's not possible, stand in a well-lit room with as much light as possible.

**04.**

Stand up straight with your shoulders back and down and arms relaxed at your sides.

Recreate the same pose each time.

## ARMS

Stand up straight with one arm relaxed, and find the midpoint between the shoulder and the elbow of that arm. Measure around your bicep.

WEEK 1

WEEK 2

WEEK 3

WEEK 4

## CHEST

Stand up straight with one arm relaxed, and find the midpoint between the shoulder and the elbow of that arm. Measure around your bicep.

WEEK 1

WEEK 2

WEEK 3

WEEK 4

## HIPS

Measure the hips around the fullest part of your buttocks with your heels together.

WEEK 1

WEEK 2

WEEK 3

WEEK 4

## WAIST

Measure your waist without holding the tape too tightly or too loosely. Your waist is the narrowest part of your trunk, or approximately 1 inch above your belly button.

WEEK 1

WEEK 2

WEEK 3

WEEK 4

## WEIGHT

START

Progress Picture

WEEK 1

Progress Picture

WEEK 2

Progress Picture

WEEK 3

Progress Picture

WEEK 4

Progress Picture

## THIGHS

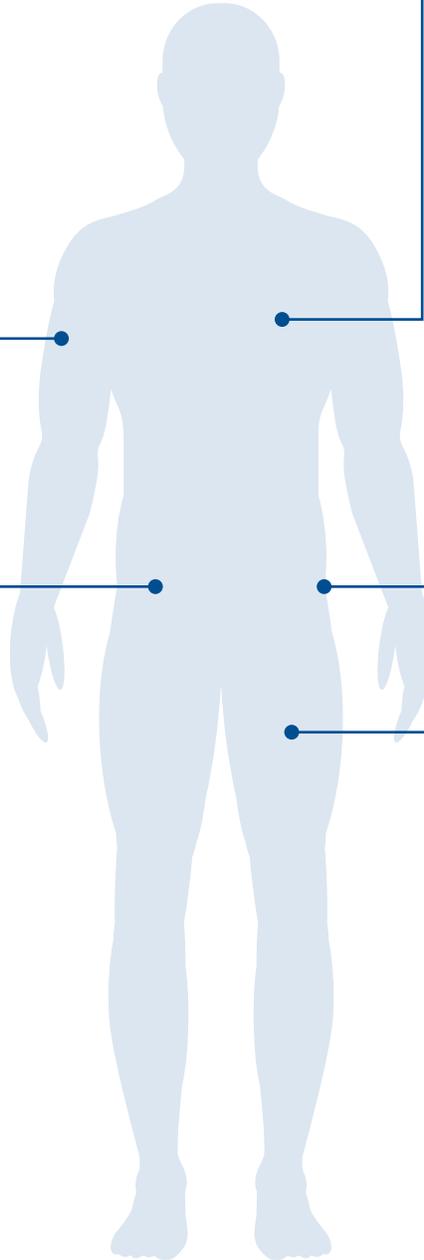
Look for the midpoint between the lower part of the glutes and the back of the knee or use the widest part of the thigh.

WEEK 1

WEEK 2

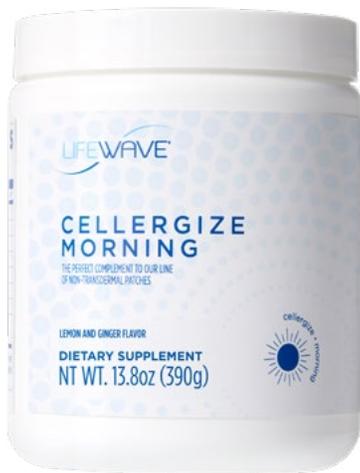
WEEK 3

WEEK 4





# GETTING STARTED RIGHT



# WEEK 1 HEALTH TRACKER

DATE:

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**Daily accountability starts here!**

Record your routine and changes.

	MON	TUE	WED	THUR	FRI	SAT	SUN
CELLERGIZE MORNING							
X39							
OTHER LIFEWAVE PATCH							
DRINK 80 OZ. WATER							
HEALTHY DIET OF CHOICE							
30 MINUTES OF EXERCISE							
15 MINUTES OF PERSONAL DEV.							
SLEEP AT LEAST 7 HOURS							
COMPLETE YOUR DAILY CHECK-IN							
TOTAL POINTS							



# TUESDAY

	RATE 1 - 10	NOTES
COGNITIVE FOCUS		
ENERGY LEVELS		
MOOD		
SLEEP QUALITY		
MOVEMENT		
DIGESTION		

**WHAT OTHER CHANGES AND IMPROVEMENTS HAVE YOU NOTICED?**

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# WEDNESDAY

	RATE 1 - 10	NOTES
COGNITIVE FOCUS		
ENERGY LEVELS		
MOOD		
SLEEP QUALITY		
MOVEMENT		
DIGESTION		

**WHAT OTHER CHANGES AND IMPROVEMENTS HAVE YOU NOTICED?**

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# THURSDAY

	RATE 1 - 10	NOTES
COGNITIVE FOCUS		
ENERGY LEVELS		
MOOD		
SLEEP QUALITY		
MOVEMENT		
DIGESTION		

**WHAT OTHER CHANGES AND IMPROVEMENTS HAVE YOU NOTICED?**

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# FRIDAY

	RATE 1 - 10	NOTES
COGNITIVE FOCUS		
ENERGY LEVELS		
MOOD		
SLEEP QUALITY		
MOVEMENT		
DIGESTION		

**WHAT OTHER CHANGES AND IMPROVEMENTS HAVE YOU NOTICED?**

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# SATURDAY

	RATE 1 - 10	NOTES
COGNITIVE FOCUS		
ENERGY LEVELS		
MOOD		
SLEEP QUALITY		
MOVEMENT		
DIGESTION		

**WHAT OTHER CHANGES AND IMPROVEMENTS HAVE YOU NOTICED?**

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# SUNDAY

	RATE 1 - 10	NOTES
COGNITIVE FOCUS		
ENERGY LEVELS		
MOOD		
SLEEP QUALITY		
MOVEMENT		
DIGESTION		

**WHAT OTHER CHANGES AND IMPROVEMENTS HAVE YOU NOTICED?**

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# WEEK 1 RECAP

Take time to complete this at the end of each week.

Congratulations! You made it through your first week of the Cellergize Wellness Experience. We know it wasn't easy, and you should be proud of yourself. Record your biggest wins and changes.

## YOUR WINS

### Biggest Physical Changes Felt

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### Biggest Mental Changes Felt

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### Biggest Emotional Changes Felt

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### List three things you are proud of accomplishing or sticking to this week.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## How can I continue to work toward my 30-day Cellergize wellness experience next week?

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- Take a Progress Picture
- Record Your Weight and Inches on the Weight Tracker on Page 10.

FEEL AMAZING? Share your health journey with your friends on Social Media.

Don't forget to include: #LWCellergize

Ready to start Week 2 on the right track? Plan your meals with our Meal Planner.

# WEEK 2 HEALTH TRACKER

DATE:

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**Daily accountability starts here!**

Record your routine and changes.

	MON	TUE	WED	THUR	FRI	SAT	SUN
CELLERGIZE MORNING							
X39							
OTHER LIFEWAVE PATCH							
DRINK 80 OZ. WATER							
HEALTHY DIET OF CHOICE							
30 MINUTES OF EXERCISE							
15 MINUTES OF PERSONAL DEV.							
SLEEP AT LEAST 7 HOURS							
COMPLETE YOUR DAILY CHECK-IN							
TOTAL POINTS							



# TUESDAY

	RATE 1 - 10	NOTES
COGNITIVE FOCUS		
ENERGY LEVELS		
MOOD		
SLEEP QUALITY		
MOVEMENT		
DIGESTION		

**WHAT OTHER CHANGES AND IMPROVEMENTS HAVE YOU NOTICED?**

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# WEDNESDAY

	RATE 1 - 10	NOTES
COGNITIVE FOCUS		
ENERGY LEVELS		
MOOD		
SLEEP QUALITY		
MOVEMENT		
DIGESTION		

**WHAT OTHER CHANGES AND IMPROVEMENTS HAVE YOU NOTICED?**

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# THURSDAY

	RATE 1 - 10	NOTES
COGNITIVE FOCUS		
ENERGY LEVELS		
MOOD		
SLEEP QUALITY		
MOVEMENT		
DIGESTION		

**WHAT OTHER CHANGES AND IMPROVEMENTS HAVE YOU NOTICED?**

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# FRIDAY

	RATE 1 - 10	NOTES
COGNITIVE FOCUS		
ENERGY LEVELS		
MOOD		
SLEEP QUALITY		
MOVEMENT		
DIGESTION		

**WHAT OTHER CHANGES AND IMPROVEMENTS HAVE YOU NOTICED?**

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# SATURDAY

	RATE 1 - 10	NOTES
COGNITIVE FOCUS		
ENERGY LEVELS		
MOOD		
SLEEP QUALITY		
MOVEMENT		
DIGESTION		

**WHAT OTHER CHANGES AND IMPROVEMENTS HAVE YOU NOTICED?**

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# SUNDAY

	RATE 1 - 10	NOTES
COGNITIVE FOCUS		
ENERGY LEVELS		
MOOD		
SLEEP QUALITY		
MOVEMENT		
DIGESTION		

**WHAT OTHER CHANGES AND IMPROVEMENTS HAVE YOU NOTICED?**

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# WEEK 2 RECAP

Take time to complete this at the end of each week.

Congratulations! You made it through your second week of the Cellergize Wellness Experience. We know it wasn't easy, and you should be proud of yourself. Record your biggest wins and changes.

## YOUR WINS

### Biggest Physical Changes Felt

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### Biggest Mental Changes Felt

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### Biggest Emotional Changes Felt

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### List three things you are proud of accomplishing or sticking to this week.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## How can I continue to work toward my 30-day Cellergize wellness experience next week?

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- Take a Progress Picture
- Record Your Weight and Inches on the Weight Tracker on Page 10.

FEEL AMAZING? Share your health journey with your friends on Social Media.

Don't forget to include: #LWCellergize

Ready to start Week 3 on the right track? Plan your meals with our Meal Planner.

# WEEK 3 HEALTH TRACKER

DATE:

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**Daily accountability starts here!**

Record your routine and changes.

	MON	TUE	WED	THUR	FRI	SAT	SUN
CELLERGIZE MORNING							
X39							
OTHER LIFEWAVE PATCH							
DRINK 80 OZ. WATER							
HEALTHY DIET OF CHOICE							
30 MINUTES OF EXERCISE							
15 MINUTES OF PERSONAL DEV.							
SLEEP AT LEAST 7 HOURS							
COMPLETE YOUR DAILY CHECK-IN							
TOTAL POINTS							



# TUESDAY

	RATE 1 - 10	NOTES
COGNITIVE FOCUS		
ENERGY LEVELS		
MOOD		
SLEEP QUALITY		
MOVEMENT		
DIGESTION		

**WHAT OTHER CHANGES AND IMPROVEMENTS HAVE YOU NOTICED?**

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# WEDNESDAY

	RATE 1 - 10	NOTES
COGNITIVE FOCUS		
ENERGY LEVELS		
MOOD		
SLEEP QUALITY		
MOVEMENT		
DIGESTION		

**WHAT OTHER CHANGES AND IMPROVEMENTS HAVE YOU NOTICED?**

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# THURSDAY

	RATE 1 - 10	NOTES
COGNITIVE FOCUS		
ENERGY LEVELS		
MOOD		
SLEEP QUALITY		
MOVEMENT		
DIGESTION		

**WHAT OTHER CHANGES AND IMPROVEMENTS HAVE YOU NOTICED?**

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# FRIDAY

	RATE 1 - 10	NOTES
COGNITIVE FOCUS		
ENERGY LEVELS		
MOOD		
SLEEP QUALITY		
MOVEMENT		
DIGESTION		

**WHAT OTHER CHANGES AND IMPROVEMENTS HAVE YOU NOTICED?**

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# SATURDAY

	RATE 1 - 10	NOTES
COGNITIVE FOCUS		
ENERGY LEVELS		
MOOD		
SLEEP QUALITY		
MOVEMENT		
DIGESTION		

**WHAT OTHER CHANGES AND IMPROVEMENTS HAVE YOU NOTICED?**

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# SUNDAY

	RATE 1 - 10	NOTES
COGNITIVE FOCUS		
ENERGY LEVELS		
MOOD		
SLEEP QUALITY		
MOVEMENT		
DIGESTION		

**WHAT OTHER CHANGES AND IMPROVEMENTS HAVE YOU NOTICED?**

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# WEEK 3 RECAP

Take time to complete this at the end of each week.

Congratulations! You made it through your third week of the Cellergize Wellness Experience. We know it wasn't easy, and you should be proud of yourself. Record your biggest wins and changes.

## YOUR WINS

### Biggest Physical Changes Felt

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### Biggest Mental Changes Felt

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### Biggest Emotional Changes Felt

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### List three things you are proud of accomplishing or sticking to this week.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## How can I continue to work toward my 30-day Cellergize wellness experience next week?

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- Take a Progress Picture
- Record Your Weight and Inches on the Weight Tracker on Page 10.

FEEL AMAZING? Share your health journey with your friends on Social Media.

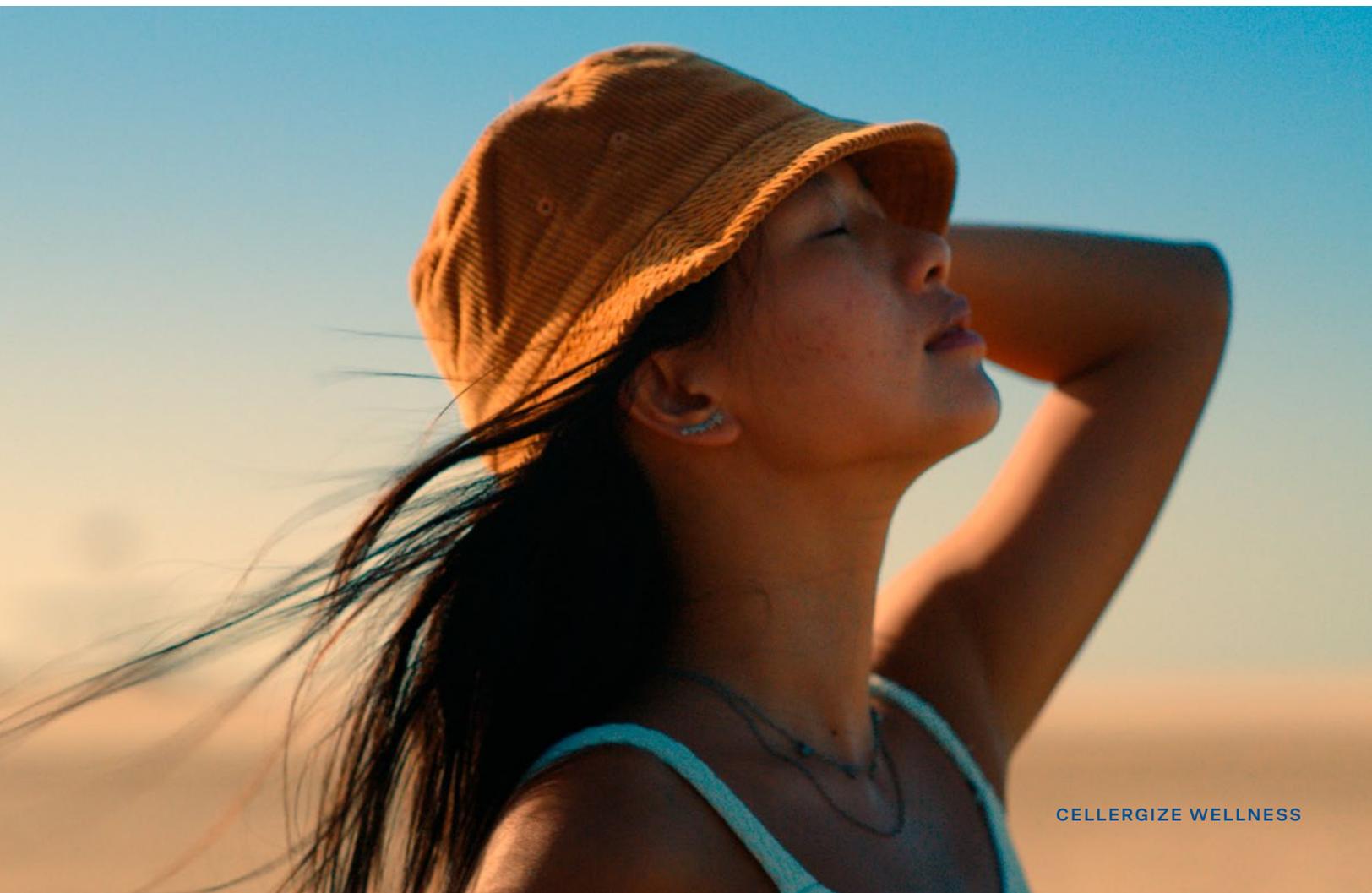
Don't forget to include: #LWCellergize

Ready to start Week 4 on the right track? Plan your meals with our Meal Planner.



**Cellergize Morning**  
Energize your day with  
nourishing ingredients  
designed to support the  
health and vitality of  
stem cells in your body

Make sure to place next month's order now to continue your Cellergize Wellness Experience momentum! [LifeWave.com](https://www.lifewave.com)



# WEEK 4 HEALTH TRACKER

DATE:

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**Daily accountability starts here!**

Record your routine and changes.

	MON	TUE	WED	THUR	FRI	SAT	SUN
CELLERGIZE MORNING							
X39							
OTHER LIFEWAVE PATCH							
DRINK 80 OZ. WATER							
HEALTHY DIET OF CHOICE							
30 MINUTES OF EXERCISE							
15 MINUTES OF PERSONAL DEV.							
SLEEP AT LEAST 7 HOURS							
COMPLETE YOUR DAILY CHECK-IN							
TOTAL POINTS							



# TUESDAY

	RATE 1 - 10	NOTES
COGNITIVE FOCUS		
ENERGY LEVELS		
MOOD		
SLEEP QUALITY		
MOVEMENT		
DIGESTION		

**WHAT OTHER CHANGES AND IMPROVEMENTS HAVE YOU NOTICED?**

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# WEDNESDAY

	RATE 1 - 10	NOTES
COGNITIVE FOCUS		
ENERGY LEVELS		
MOOD		
SLEEP QUALITY		
MOVEMENT		
DIGESTION		

**WHAT OTHER CHANGES AND IMPROVEMENTS HAVE YOU NOTICED?**

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# THURSDAY

	RATE 1 - 10	NOTES
COGNITIVE FOCUS		
ENERGY LEVELS		
MOOD		
SLEEP QUALITY		
MOVEMENT		
DIGESTION		

**WHAT OTHER CHANGES AND IMPROVEMENTS HAVE YOU NOTICED?**

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# FRIDAY

	RATE 1 - 10	NOTES
COGNITIVE FOCUS		
ENERGY LEVELS		
MOOD		
SLEEP QUALITY		
MOVEMENT		
DIGESTION		

**WHAT OTHER CHANGES AND IMPROVEMENTS HAVE YOU NOTICED?**

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# SATURDAY

	RATE 1 - 10	NOTES
COGNITIVE FOCUS		
ENERGY LEVELS		
MOOD		
SLEEP QUALITY		
MOVEMENT		
DIGESTION		

**WHAT OTHER CHANGES AND IMPROVEMENTS HAVE YOU NOTICED?**

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# SUNDAY

	RATE 1 - 10	NOTES
COGNITIVE FOCUS		
ENERGY LEVELS		
MOOD		
SLEEP QUALITY		
MOVEMENT		
DIGESTION		

**WHAT OTHER CHANGES AND IMPROVEMENTS HAVE YOU NOTICED?**

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# WEEK 4 RECAP

Take time to complete this at the end of each week.

Congratulations! You made it through your fourth week of the Cellergize Wellness Experience. We know it wasn't easy, and you should be proud of yourself. Record your biggest wins and changes.

## YOUR WINS

### Biggest Physical Changes Felt

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### Biggest Mental Changes Felt

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### Biggest Emotional Changes Felt

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### List three things you are proud of accomplishing or sticking to this week.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## How can I continue to work toward my 30-day Cellergize wellness experience next week?

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- Take a Progress Picture
- Record Your Weight and Inches on the Weight Tracker on Page 10.

FEEL AMAZING? Share your health journey with your friends on Social Media.

Don't forget to include: #LWCellergize



# CONGRATS, YOU DID IT!

Now that you've completed the Cellergize Wellness Experience, take a few minutes to reflect on your healthy lifestyle and the growth that allows you to move with the energy nature intended.

Make sure to record your final measurements and complete your final challenge.

**TOP 3 THINGS YOU ARE PROUD OF:**

**01.**

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**02.**

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**03.**

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	NOTES
WHAT IS THE BIGGEST DIFFERENCE YOU NOTICE IN YOUR HEALTH?	<hr/> <hr/>
WHAT HABITS HAVE YOU CREATED THAT YOU WANT TO CONTINUE? HOW WILL YOU DO THIS?	<hr/> <hr/> <hr/> <hr/>
WHAT HABITS DO YOU WANT TO CONTINUE TO IMPROVE? HOW WILL YOU DO THIS?	<hr/> <hr/> <hr/> <hr/>



# STAY STRONG, POWER ON.

The LifeWave community  
is continually striving  
to 'Be the Light.'

The next step is to share your health  
journey and improvements with  
your family and friends and help  
them experience optimal health too!  
**Remember to use #LWCellergize**

If you feel amazing, invite your friends  
on a wellness journey like no other!



# MEAL PLANNER TIPS

Supporting your health journey with nutritious, hydrating foods that can enhance the benefits of LifeWave's Cellergize supplement and patch technology.

Here are some top meal-planning tips to maximize your energy, support cellular rejuvenation, and keep you feeling your best:

## 1. Prioritize Nutrient-Dense Foods

Incorporate foods rich in vitamins, minerals, and antioxidants to complement the cellular support provided by Cellergize. Some nutrient-dense foods to include are:

- **Leafy Greens (spinach, kale, arugula):**  
High in vitamins A, C, K, and minerals like iron and magnesium
- **Berries (blueberries, strawberries, raspberries):**  
Packed with antioxidants and fiber
- **Nuts and Seeds (chia seeds, flaxseeds, almonds):**  
Provide essential fatty acids, proteins, and minerals
- **Lean Proteins (fish, poultry, legumes):**  
Support muscle health and energy levels
- **Colorful Vegetables (peppers, carrots, sweet potatoes):**  
Rich in antioxidants to protect cells and boost immunity.

## 2. Hydrate, Hydrate, Hydrate!

Hydration is essential for the body's cellular functions, especially when using LifeWave Patches that support various wellness goals. Staying hydrated aids nutrient absorption and enhances the effects of the patches. Aim to drink water consistently throughout the day.

### 3. Foods High in Water Content

Incorporate hydrating foods that are both refreshing and nutrient-rich. These foods can enhance hydration and provide a natural source of essential minerals:

- **Watermelon:** Low-calorie and highly hydrating, perfect for warmer days
- **Cucumbers:** Contain antioxidants and help keep you hydrated
- **Citrus Fruits (oranges, grapefruit):** Offer vitamin C and have high water content
- **Tomatoes:** A versatile, hydrating ingredient for salads, sandwiches, and sauces
- **Celery:** Great as a snack or addition to smoothies, soups, and salads

### 4. Healthy Fats for Cellular Health

Healthy fats are vital for supporting cell membranes and overall energy levels. Include sources such as:

- **Avocado:** High in monounsaturated fats and fiber
- **Olive Oil:** Use as a dressing or drizzle over meals for a heart-healthy fat
- **Fatty Fish (salmon, sardines):**  
Provides omega-3 fatty acids, which support brain and heart health

### 5. Meal Prep with Hydration in Mind

Plan your meals and snacks to include foods that help keep you hydrated. Incorporate infused water with fresh fruits, and don't forget herbal teas for variety

#### Hydration Tips for LifeWave Patch Users

Hydration plays a key role in helping your body get the most from LifeWave patches. Here are a few easy hydration tips:

- **Start Your Day with a Glass of Water:**  
Begin each morning with a glass of water to jump-start your hydration
- **Infuse Your Water with Supplements:**  
Add Cellergize Supplements to your water for an extra boost.
- **Set Reminders:**  
Use a timer or app to remind yourself to drink water every hour

By integrating these nutrient-dense and hydrating foods with consistent water intake, you can maximize the effects of LifeWave's Cellergize Supplements and Patch Technology, offering a holistic solution to your well-being.

\*These nutritional tips are for general wellness only and have not been evaluated by the Food and Drug Administration. Before beginning any nutritional-focused meal program, first consult with a healthcare provider. This content provided by LifeWave is presented in summary form and is provided for informational purposes only.

# MEAL PLANNER

DATE:

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	BREAKFAST	LUNCH	DINNER	SNACKS
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				

# MEAL PLANNER

DATE:

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	BREAKFAST	LUNCH	DINNER	SNACKS
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				

# MEAL PLANNER

DATE:

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	BREAKFAST	LUNCH	DINNER	SNACKS
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				

# MEAL PLANNER

DATE:

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	BREAKFAST	LUNCH	DINNER	SNACKS
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				

A person is silhouetted against a vibrant sunset sky, standing on the peak of a mountain. The sky is filled with layers of orange, yellow, and blue, with scattered clouds. Below the person, a vast valley of rolling hills and mountains stretches out, bathed in the soft light of the setting sun. The overall mood is serene and majestic.

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