

NUTRIFIL™

THE 28-DAY

RENEW CHALLENGE GUIDE

#NoAgeLimit



FEEL LIKE YOUR YOUNGER SELF



Ready to look and feel like your younger self? The 28-Day Renew Challenge will help you get the best results with Nutrifii™ Renew, **our patent-pending, anti-aging breakthrough** that helps trigger your body's natural human growth hormone (HGH) production and release.



At the end of this Challenge, you can expect measurable results for your:

① Energy Levels

② Quality of Sleep

③ Physical Recovery + Resilience

GET THE BEST RESULTS



The first step to your life with **#NoAgeLimit** is to take Renew daily! Mix it with a glass of water each night, 30 minutes before bed for 28 straight days.

For even **greater results**, add these simple healthy habits:

1



Get Bendy With Your Body

Help your body recover more quickly and improve annoying discomforts with regular stretching.

2



Stick to a Sleep Schedule

Stop pressing snooze and try to go to sleep and wake up at the same time every day.

3



Move Your Body Consistently

Find time to exercise for at least 15 minutes daily. Put it on your schedule and stick to it!

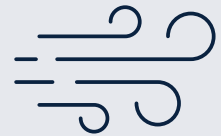
4



Unplug 30 Minutes Before Bed

Bright lights keep you alert, the opposite of what you want right before entering dreamland.

5



Take a Deep Breath

Relieve stress and tension by practicing five minutes of deep breathing. Try setting a reminder on your phone that repeats daily.

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DAILY TRACKER



Use this daily tracker to set your habit goals and record your daily actions. This tracker will help you commit to **four weeks of nightly Renew use** and keep you motivated to hit your next goal.

Pro Tip: Set an alert on your phone so you never miss a single night!

Week 1

1

2

3

4

5

6

7

Week 2

8

9

10

11

12

13

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Week 3

15

16

17

18

19

20

21

Week 4

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23

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28

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WEEKLY CHECK-IN



Before you begin the Challenge, record your energy, sleep and physical resilience levels, with 10 being peak performance and 1 being poor. Then, at the beginning of each week, record them again to **see how much you've improved!**

		1 = Lousy!	How Are You Feeling?						10 = Great!		
Baseline	Energy Level	1	2	3	4	5	6	7	8	9	10
	Quality Sleep	1	2	3	4	5	6	7	8	9	10
	Physical Resilience	1	2	3	4	5	6	7	8	9	10
Week 1	Energy Level	1	2	3	4	5	6	7	8	9	10
	Quality Sleep	1	2	3	4	5	6	7	8	9	10
	Physical Resilience	1	2	3	4	5	6	7	8	9	10
Week 2	Energy Level	1	2	3	4	5	6	7	8	9	10
	Quality Sleep	1	2	3	4	5	6	7	8	9	10
	Physical Resilience	1	2	3	4	5	6	7	8	9	10
Week 3	Energy Level	1	2	3	4	5	6	7	8	9	10
	Quality Sleep	1	2	3	4	5	6	7	8	9	10
	Physical Resilience	1	2	3	4	5	6	7	8	9	10
Week 4	Energy Level	1	2	3	4	5	6	7	8	9	10
	Quality Sleep	1	2	3	4	5	6	7	8	9	10
	Physical Resilience	1	2	3	4	5	6	7	8	9	10

SHARE YOUR RESULTS



We're so excited for your upcoming journey: 28 days of healthy habits that will help you look and feel like your younger self. When the challenge ends, we're positive you'll feel pretty great, so why not **share your results!**

Submit your experience with Renew to **motivate others to take the Challenge!**

The smartphone screen shows the 'Renew Reviews' form. At the top, it says 'Renew Reviews'. Below that is a 'Language Selector' dropdown menu set to 'English'. The text 'English' is followed by 'Share your Renew Review with us here.' The form includes several input fields: 'Age *', 'Location *' (with a placeholder 'Share/Country'), 'Occupation *', and 'How long have you been taking Renew for? *' (with a placeholder '# of weeks'). Below these is a section titled 'Tell us about your experience using Renew:' with a legend '1=Not Good; 5=Excellent'. There are two rows of five star icons each. The first row is for 'How has this product made you feel mentally? *' and the second row is for 'How has this product made you feel physically? *'. The first star in each row is highlighted in yellow.

SCAN THE QR CODE TO SHARE!

Scan the code to jump to the submission form or [click here!](#)



RESTART THE CHALLENGE



When the 28 days are over, the Challenge **keeps going!**

Make your results last a lifetime by continuing the habits the Challenge will help you establish, including your daily serving of Renew! Help your friends and family look and feel as great as you will by inviting them to join the Challenge with you.

Before you reorder more Renew, talk to the person who invited you to join this Challenge to find out how to **save with a Subscription!**

THE (RE)NEW YOU HAS **#NoAgeLimit**

Get even more out of Renew with these **powerful product pairings!**

FOR ENERGY



Nutrifii Rejuvenix™

Clean energy without the jitters

[Shop Now](#)

FOR SLEEP



Tahitian Noni® SLEEP Wellness Shot

Deeper sleep to wake up restored

[Shop Now](#)

FOR PHYSICAL RESILIENCE



TeMana Noni® + Collagen

Hydrolyzed collagen for healthy joints

[Shop Now](#)