Are you ready to start your evolution?

ARBONNE

evolution

Weight Management System Guide

Are you ready to start your evolution?
Welcome to Arbonne Evolution™

Are you ready for a new healthier you?

Thank you for stepping up to 90 Days to a Healthier You!

We’re proud of your enthusiasm and honored that you’ve become part of our mission to improve lives through healthier living.

We promise to do everything to guide you on your way and help make this mental, physical and emotional transformation a reality.

Imagine inspiring others to take on their own challenge, your personal goal that may seem so far away will be an amazing success story in 30, 60 and 90 days! Believe your personal Arbonne EVOLUTION.

You’ve got the ability to encourage countless others to change their lives and partake in a healthy lifestyle. We are excited! Just wait and see!

Here’s to your personal transformation!

Sincerely,

Your Arbonne Family

This guide includes all you need to kick off your 90 Days to a Healthier You program.
RECOMMENDED PRODUCTS

- 90-day supply of Arbonne Essentials® Protein Shake Mix (3 bags)
- 90-day supply of Arbonne Evolution™ Full Control (3 containers)
- 90-day supply of Arbonne Evolution Thermobooster◊ (3 bottles)

SUGGESTED TOOLS

- Camera/Smartphone
  Purpose: Document your progress with photos, testimonials and weekly weigh-ins
- Body Measurement Tape / Weight Scale
  Purpose: Weekly measurements
- Progress (Measurement & Weight) Tracker Sheet
  Purpose: Documentation of weekly progress
- Supplement Tracker Sheet
  Purpose: Cheat sheet to remind you when to take your Arbonne Evolution Full Control and Thermobooster◊ products.
- Daily Journal Booklet (documentation of daily intake and activities)
  Purpose: This will help keep you honest for yourself and those with whom you share your story.
- Personal Coach
  Choose an accountability partner, or seek encouragement from a sponsor. This is someone who can offer positive reinforcement, and help keep you on track, focused and inspired.

◊ These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.
1. **Take a picture and/or video of yourself before starting the Arbonne Evolution system.**
   Please follow guidelines included in guide for taking an acceptable digital photo.

2. **Use the products as directed:**
   a. Arbonne Evolution Full Control: 30 minutes prior to a meal, 3 times per day
   b. Arbonne Evolution ThermoBooster◊: 1 tablet, twice per day, with lunch and dinner
   c. Arbonne Essentials® Protein Shake Mix: 1 to 2 shakes per day with a healthy meal

3. **Eat a healthy, low-calorie diet:**
   a. Specific calories can vary. Please consult with your own physician to determine what is right for your personal needs.

4. **Exercise/be active at minimum 30 minutes a day, 5 days a week:**
   a. You can exercise more than this.
   b. Exercise does not have to be rigorous; you simply have to increase and sustain your heart rate for 30 minutes.
   c. ALWAYS consult a physician prior to starting any exercise routine. Arbonne does not recommend any particular exercise or routine. It is up to each individual and his or her own physician to determine what is appropriate for that individual.

5. **Complete your journal, as directed:**
   a. Complete the daily tracking form at the end of this booklet: your estimated calories for the day, your exercise and product tracking.
   b. At the end of 90 days, there should be 90 daily forms completed (one for each of the 90 days).
   c. Complete your physical measurement tracker at the end of each week.

6. **Take a picture and/or video of yourself every 30 days:**
   a. We want to see your progress over time, so please do this every 30 days.

7. **Share your personal story:**
   a. Once you’ve reached the end of your 90 days and you have all your pictures, video and completed tracker, please submit all the documents to beforeandafter@arbonne.com.
   b. Please download and review the “Submitting Testimonials Guidelines” document prior to starting your 90 day plan and submitting. This document provides specific instructions on how to best ensure your submission meets Arbonne’s standards.

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Supplement Tracker

Put this page on your fridge or somewhere you will see every day.

<table>
<thead>
<tr>
<th>Supplement</th>
<th>Thermobooster◊ (2 times a day)</th>
<th>Full Control (3 times a day)</th>
<th>Protein Shake (1–2 shakes a day)</th>
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</thead>
<tbody>
<tr>
<td>Morning</td>
<td>1 tablet with a meal</td>
<td>One scoop with 8 oz. water, 30 minutes before your meal</td>
<td>With added ingredients or As a snack without additions</td>
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<tr>
<td>Afternoon</td>
<td>1 tablet with a meal</td>
<td>One scoop with 8 oz. water, 30 minutes before your meal</td>
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<tr>
<td>Evening</td>
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<td>One scoop with 8 oz. water, 30 minutes before your meal</td>
<td>With added ingredients or As a snack without additions</td>
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<th>Week</th>
<th>January</th>
<th>February</th>
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<td>Did you have a shake?</td>
<td>Yes / No</td>
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</table>
| Did you add extra ingredients? | Did you have a shake using a recipe from the book? Yes / No  
If so, which shake recipe did you use?  
If not, what did you add? How much did you add? |
| What was your Meal 1? | Which meal recipe did you use?  
Did you make something different? If so, what did you make?  
Protein (g):  
Carbohydrates (g):  
Fat (g):  
Calories (kcal):  
Did you have your Full Control? Yes, 30 minutes before my meal / No  
Did you take your Thermobooster tablet? Yes / No |
| What was your Meal 2? | Which meal recipe did you use?  
Did you make something different? If so, what did you make?  
Protein (g):  
Carbohydrates (g):  
Fat (g):  
Calories (kcal):  
Did you have your Full Control? Yes, 30 minutes before my meal / No  
Did you take your Thermobooster tablet? Yes / No |
| What was your Meal 3? | Which meal recipe did you use?  
Did you make something different? If so, what did you make?  
Protein (g):  
Carbohydrates (g):  
Fat (g):  
Calories (kcal):  
Did you have your Full Control? Yes, 30 minutes before my meal / No |
| Did you have a snack? | Yes – Total Calories ________ / No |
| Did you drink water? (Recommended half body weight in ounces) | How many glasses? ________ |
| Did you exercise? | 30 min. 45 min. 1 hr  
More? If so, how long?  
What type of exercise? |
| Total calories for the day: |  
|
Sharing Your Testimonial

The story of your Arbonne Evolution is important, and we think you should share it. Your story can encourage and inspire others to make important changes and start engaging in a healthier lifestyle. If you are going to share your personal testimonial with others, below are some important “dos and don’ts” for crafting compelling yet compliant stories and before-and-after pictures. Please read through them before documenting your progress during the 90-day program, as the guidelines will help ensure that we are able to share your story online.

In addition to following guidelines for written testimonials and photographs, it is also important to track your daily calorie and exercise information, as well as your adherence to the daily use of the Arbonne Evolution products. Tracking this information accurately will help ensure that we can share your story with the rest of the Arbonne family.

Once you have completed the program for 90 days, taken your photos, written your testimonial, and completed all the necessary tracking information, you will submit all your files to Arbonne at beforeandafter@arbonne.com. We will then review all the information submitted for consideration for the My Evolution section of the Arbonne Evolution webpage and other Arbonne Evolution-related materials and collateral.
Dos and Don’ts

Guidelines for Making Testimonials

Dos:

• Do use only your personal testimonial.

• Do ensure you are actually using the product you are endorsing at the time of the endorsement and using the product in the manner directed on the packaging or Arbonne materials provided by the Arbonne Home Office.

• Do ensure your testimonial is presented in a proper context and accurately and genuinely reflects your opinion on or experience of our product.

• Do ensure your testimonial reflects only approved product claims as they appear on Arbonne-approved packaging or promotional materials provided by the Arbonne Home Office.

• Do disclose you are an Arbonne Independent Consultant.

• Do ensure your testimonial is not likely to mislead or deceive consumers or be untruthful.

• Do include words to the following effect: The typical results achieved will vary with each individual and are based on multiple factors, including individual use, diet, lifestyle, age, gender, health history and skin type.

Don’ts:

• Do not use the testimonial of another person unless it is an approved testimonial provided by the Arbonne Home Office in official Arbonne tools, website, social media or The Source.

• Do not use a testimonial to make a health, therapeutic or medical claim.

• Do not make claims when providing a testimonial if the claims can not be substantiated.

• Do not provide a testimonial in respect to a product if you have not used the product or are not currently using the product.

• Do not provide a testimonial that does not reflect your genuinely held opinion or belief.

• Do not use a testimonial you have previously used for another of our products (or in respect to another company’s products).

• Do not reference or make comparisons to other companies or another company’s products.

• Do not use a testimonial that is fictitious or not genuine.

• Do not use testimonials that would reasonably mislead, deceive, create a false impression or provide a wrong idea in the minds of consumers.

• Do not state that Arbonne or its products is approved or endorsed by any third-party organization, including any clinic or certifying agency, unless the Arbonne Home Office specifically informs Arbonne Independent Consultants that Arbonne has written authorization to promote such endorsement.
Dos and Don’ts

Guidelines for Taking Before-and-After Photos

Dos:

• Disclose whether there were any remarkable circumstances that led to your results.
• Use the same lighting, camera angle, pose and neutral/solid background in all photos.
• Photos must be in high resolution (at least 300 dpi or higher). Use the high-definition setting on your camera.
• For body photos: Take a photo from the front, side, and back and wear the same form-fitting and solid color clothing in all photos
• For face-only photos: Ensure that your skin is free of makeup and other skincare products in the photos and keep hair pulled away from your face.
• Photos must be of you and be recognizable as the same person in each photo.
• Include the date the photos were taken.
• Ensure that you have the permission of the photographer to use the photos.
• Keep signed, dated and printed copies of your before and after photos.

Don’ts:

• For face shots: Do not wear makeup or any other skincare products or do not have your hair concealing your face.
• For body shots: Do not wear markedly different clothing.
• Do not take the photo in a dimly lit location, with a busy backdrop or with different angles or lighting.
• Do not include any third-party material in the photo, including the products or logos of other companies, or the likeness of any other person. For example, any clothing worn in a photo must not contain any visible logos, trademarks or other third-party materials.
• Do not take low-resolution photos; avoid the use of low-resolution mobile phone cameras, if possible.
• Do not “Photoshop,” digitally alter the images, or take any other measures that would tend to misleadingly enhance the “after” photo.
• Do not use a photo of someone else as a photo of you.
• Do not use before-and-after photos if you have undergone any cosmetic surgery or other procedures that could artificially change the appearance of your face or body while you are using our products.

The results achieved will vary with each individual and are based on multiple factors, including individual use, diet, lifestyle, age, gender, health history, fitness level, percent body fat, and exercise during the program. Arbonne does not guarantee any particular result and each photo is submitted by individuals based on their own self-reporting and assurances that they have complied with the Sharing Your Testimonial Guidelines. Other than individual assurances, Arbonne does not have the ability to verify that any individuals in fact complied with the Sharing Your Testimonial Guidelines.