

# Are You Ready to Take a Four Week Healthy Chocolate Challenge?

*Experience a new level of energy & wellbeing at a cost of less than \$4 per day*

*Three times a day, take a moment to breathe in the luxurious aroma of Xoçai healthy chocolate while expressing gratitude. Enjoy one Xoçai Nugget, X Power Square, Omega Square or XoBiotic Square either 30 minutes before each meal or in between meals followed by an 8 oz glass of pure water.*

*Maintain a journal taking note of how you feel day by day and recording any positive shifts you may experience.*

**Start Date:**

**End Date:**

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	OBSERVATIONS
Week 1	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Week 2	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Week 3	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Week 4	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	

*At the completion of your four week challenge, EMAIL or FAX the outcome of your healthy chocolate experience to the attention of Angela Shim, Certified Nutritional Practitioner & Founder of Vibrant Balance.*

**EMAIL:** [angela@vibrantbalance.com](mailto:angela@vibrantbalance.com) **FAX:** 905.475.6250

***BONUS:** Upon receipt of your healthy chocolate challenge results, a complimentary WISE Wellness Analysis (\$25 value) will be sent to you via email, comprising an 8 page questionnaire followed by a graphical analysis of your responses to celebrate your success as well as offer some ideas for moving forward.*

***Enjoy a New Level of Vibrancy with Heart Healthy, Diabetic Friendly Cold-Processed Chocolate!***