

Dr. Ian Presents Tools for The Challenge

Now you have the tools to create a smarter, healthier lifestyle. We've put it all together to make things informative, inspiring and interactive. You can even personalize sections to fit your goals. So what are you waiting for? It's totally **FREE**.

Get started today with everything you need:



My Weight Tracker

Reaching and maintaining the right weight is a top priority for The Challenge. Take control of your life and your health. Give up the pounds, not the fight!

- Determine your goal weight and Body Mass Index (BMI).
- Update your weight regularly and review your progress.
- Join us in the goal to lose 50 million pounds—you can do it!



Dr. Ian's 30-Day Meal Plan

Dr. Ian's 30-Day Meal Plan is designed to work for you. It helps you make smarter choices on what, when and how much you eat. And it's totally **FREE**. Simply sign up now.

- Receive a detailed schedule of meals. We've done a lot of the planning and thinking to help you get started. You'll find nutritional choices to lead your journey toward a healthier lifestyle.
- View Daily Video Tips from Dr. Ian to keep informed, inspired and motivated throughout The Challenge.
- Stay on track with convenient Weekly Shopping Lists sent directly to your email address.



My Journal

Keeping a daily journal leads to success. It's your chance to tell the real story of your personal journey. Now you can do it online with customizable templates and more.

- Record when and what you eat. See patterns to build on—and bad habits to avoid.
- Track your activities and times. Vary your routines, build endurance and have fun.
- Share thoughts like a personal diary. Celebrate achievements—you deserve it!



My Activity Tracker

Activity and exercise are critical parts of your journey to a smarter, healthier lifestyle. These tools are designed to help you create your routine and make things happen.

- Organize and plan your activities to gradually build strength and endurance.
- Record your daily steps with your **FREE** pedometer.



My Teams

Success demands teamwork. Challengers who join a Challenge Team average 25% more weight loss. So experience the benefits of teaming up today.

- Feed off the energy of the entire group to challenge, encourage and support each other.
- Create smarter, healthier lifestyles together—and track your teams' efforts versus others.