

WELLNESS TRACKER

Use this log to keep track of your Shakeology® use and how you feel day-to-day on your wellness journey.

	1	2	3	4	5	6	7	
SHAKEOLOGY	Y <input type="checkbox"/> N <input type="checkbox"/>	Y <input type="checkbox"/> N <input type="checkbox"/>	Y <input type="checkbox"/> N <input type="checkbox"/>	Y <input type="checkbox"/> N <input type="checkbox"/>	Y <input type="checkbox"/> N <input type="checkbox"/>	Y <input type="checkbox"/> N <input type="checkbox"/>	Y <input type="checkbox"/> N <input type="checkbox"/>	
RATE YOUR ENERGY	☹️ 😐 😊	☹️ 😐 😊	☹️ 😐 😊	☹️ 😐 😊	☹️ 😐 😊	☹️ 😐 😊	☹️ 😐 😊	
LOWER CRAVINGS	Y <input type="checkbox"/> N <input type="checkbox"/>	Y <input type="checkbox"/> N <input type="checkbox"/>	Y <input type="checkbox"/> N <input type="checkbox"/>	Y <input type="checkbox"/> N <input type="checkbox"/>	Y <input type="checkbox"/> N <input type="checkbox"/>	Y <input type="checkbox"/> N <input type="checkbox"/>	Y <input type="checkbox"/> N <input type="checkbox"/>	
RATE YOUR MOOD	☹️ 😐 😊	☹️ 😐 😊	☹️ 😐 😊	☹️ 😐 😊	☹️ 😐 😊	☹️ 😐 😊	☹️ 😐 😊	
REGULARITY	Y <input type="checkbox"/> N <input type="checkbox"/>	Y <input type="checkbox"/> N <input type="checkbox"/>	Y <input type="checkbox"/> N <input type="checkbox"/>	Y <input type="checkbox"/> N <input type="checkbox"/>	Y <input type="checkbox"/> N <input type="checkbox"/>	Y <input type="checkbox"/> N <input type="checkbox"/>	Y <input type="checkbox"/> N <input type="checkbox"/>	
	8	9	10	11	12	13	14	
SHAKEOLOGY	Y <input type="checkbox"/> N <input type="checkbox"/>	Y <input type="checkbox"/> N <input type="checkbox"/>	Y <input type="checkbox"/> N <input type="checkbox"/>	Y <input type="checkbox"/> N <input type="checkbox"/>	Y <input type="checkbox"/> N <input type="checkbox"/>	Y <input type="checkbox"/> N <input type="checkbox"/>	Y <input type="checkbox"/> N <input type="checkbox"/>	
RATE YOUR ENERGY	☹️ 😐 😊	☹️ 😐 😊	☹️ 😐 😊	☹️ 😐 😊	☹️ 😐 😊	☹️ 😐 😊	☹️ 😐 😊	
LOWER CRAVINGS	Y <input type="checkbox"/> N <input type="checkbox"/>	Y <input type="checkbox"/> N <input type="checkbox"/>	Y <input type="checkbox"/> N <input type="checkbox"/>	Y <input type="checkbox"/> N <input type="checkbox"/>	Y <input type="checkbox"/> N <input type="checkbox"/>	Y <input type="checkbox"/> N <input type="checkbox"/>	Y <input type="checkbox"/> N <input type="checkbox"/>	
RATE YOUR MOOD	☹️ 😐 😊	☹️ 😐 😊	☹️ 😐 😊	☹️ 😐 😊	☹️ 😐 😊	☹️ 😐 😊	☹️ 😐 😊	
REGULARITY	Y <input type="checkbox"/> N <input type="checkbox"/>	Y <input type="checkbox"/> N <input type="checkbox"/>	Y <input type="checkbox"/> N <input type="checkbox"/>	Y <input type="checkbox"/> N <input type="checkbox"/>	Y <input type="checkbox"/> N <input type="checkbox"/>	Y <input type="checkbox"/> N <input type="checkbox"/>	Y <input type="checkbox"/> N <input type="checkbox"/>	
	15	16	17	18	19	20	21	
SHAKEOLOGY	Y <input type="checkbox"/> N <input type="checkbox"/>	Y <input type="checkbox"/> N <input type="checkbox"/>	Y <input type="checkbox"/> N <input type="checkbox"/>	Y <input type="checkbox"/> N <input type="checkbox"/>	Y <input type="checkbox"/> N <input type="checkbox"/>	Y <input type="checkbox"/> N <input type="checkbox"/>	Y <input type="checkbox"/> N <input type="checkbox"/>	
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LOWER CRAVINGS	Y <input type="checkbox"/> N <input type="checkbox"/>	Y <input type="checkbox"/> N <input type="checkbox"/>	Y <input type="checkbox"/> N <input type="checkbox"/>	Y <input type="checkbox"/> N <input type="checkbox"/>	Y <input type="checkbox"/> N <input type="checkbox"/>	Y <input type="checkbox"/> N <input type="checkbox"/>	Y <input type="checkbox"/> N <input type="checkbox"/>	
RATE YOUR MOOD	☹️ 😐 😊	☹️ 😐 😊	☹️ 😐 😊	☹️ 😐 😊	☹️ 😐 😊	☹️ 😐 😊	☹️ 😐 😊	
REGULARITY	Y <input type="checkbox"/> N <input type="checkbox"/>	Y <input type="checkbox"/> N <input type="checkbox"/>	Y <input type="checkbox"/> N <input type="checkbox"/>	Y <input type="checkbox"/> N <input type="checkbox"/>	Y <input type="checkbox"/> N <input type="checkbox"/>	Y <input type="checkbox"/> N <input type="checkbox"/>	Y <input type="checkbox"/> N <input type="checkbox"/>	
	22	23	24	25	26	27	28	
SHAKEOLOGY	Y <input type="checkbox"/> N <input type="checkbox"/>	Y <input type="checkbox"/> N <input type="checkbox"/>	Y <input type="checkbox"/> N <input type="checkbox"/>	Y <input type="checkbox"/> N <input type="checkbox"/>	Y <input type="checkbox"/> N <input type="checkbox"/>	Y <input type="checkbox"/> N <input type="checkbox"/>	Y <input type="checkbox"/> N <input type="checkbox"/>	
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LOWER CRAVINGS	Y <input type="checkbox"/> N <input type="checkbox"/>	Y <input type="checkbox"/> N <input type="checkbox"/>	Y <input type="checkbox"/> N <input type="checkbox"/>	Y <input type="checkbox"/> N <input type="checkbox"/>	Y <input type="checkbox"/> N <input type="checkbox"/>	Y <input type="checkbox"/> N <input type="checkbox"/>	Y <input type="checkbox"/> N <input type="checkbox"/>	
RATE YOUR MOOD	☹️ 😐 😊	☹️ 😐 😊	☹️ 😐 😊	☹️ 😐 😊	☹️ 😐 😊	☹️ 😐 😊	☹️ 😐 😊	
REGULARITY	Y <input type="checkbox"/> N <input type="checkbox"/>	Y <input type="checkbox"/> N <input type="checkbox"/>	Y <input type="checkbox"/> N <input type="checkbox"/>	Y <input type="checkbox"/> N <input type="checkbox"/>	Y <input type="checkbox"/> N <input type="checkbox"/>	Y <input type="checkbox"/> N <input type="checkbox"/>	Y <input type="checkbox"/> N <input type="checkbox"/>	
	29	30						
SHAKEOLOGY	Y <input type="checkbox"/> N <input type="checkbox"/>	Y <input type="checkbox"/> N <input type="checkbox"/>						
RATE YOUR ENERGY	☹️ 😐 😊	☹️ 😐 😊						
LOWER CRAVINGS	Y <input type="checkbox"/> N <input type="checkbox"/>	Y <input type="checkbox"/> N <input type="checkbox"/>						
RATE YOUR MOOD	☹️ 😐 😊	☹️ 😐 😊						
REGULARITY	Y <input type="checkbox"/> N <input type="checkbox"/>	Y <input type="checkbox"/> N <input type="checkbox"/>						

shakeology[®]
YOUR DAILY DOSE OF DENSE NUTRITION™



ONE SHAKE. INFINITE RECIPES.

There are countless ways to enjoy Shakeology. It's delicious with just water and ice, but a few additions can transform it into a breakfast or more filling snack.

STEP

1

PICK A BASE AND ADD ICE (OPTIONAL)



Choose from water, dairy milk, or plant-based milk alternatives.



STEP

2

ADD 1 SCOOP OF SHAKEOLOGY



Whey or plant-based options available.



STEP

3

ADD YOUR EXTRAS



For more nutrients and flavor, add fruits, veggies, nut butters, and healthy fats.



Still Not Satisfied? Let Us Make It Right.

If you've tried making Shakeology part of your daily routine and still don't feel a difference, we'll give you your money back—no questions asked. We'll even let you polish off the bag.

So, go ahead—experiment with different recipes and track how a daily shake makes you feel for a whole month using the Wellness Log. If you're not 100% satisfied for any reason, return the empty bag within 30 days for a full refund of the purchase price less s&h. Just go to faq.beachbody.com for a Return Authorization and select the "Return or Exchange" icon.