

Write it down, and stay on track with Verjú[®].

My Appointments:

	Appt. 1	Appt. 2	Appt. 3	Appt. 4	Appt. 5	Appt. 6
Day						
Time						

My Results:

	Beginning Measurements	Final Measurements
Waist		
Hips		
Thigh (right)		
Thigh (left)		
Total Inches		

Six Steps to Verjú Success

Follow these guidelines every day to achieve the maximum results:

1. Walk for 15-20 minutes per day throughout your treatments.
2. Drink 1/2 ounce of water per body weight pound, with a minimum of 64 ounces per day.
3. If doing cellulite treatment, we strongly recommend applying Ph-irm[®] cream twice daily where cellulite is present.
4. Eat sensibly and minimize alcohol and caffeine during your treatments.
5. Keep to your Verjú scheduled treatments.
6. Recommended- Massage the targeted areas after treatment to help your body's lymphatic drainage and fat removal processes.