

Amway

bodykey

by  NUTRILITE™

Gut Reset *for* Better Health

Kickstart your weight management journey with a healthier gut.



Available 15 Mar 2023 onwards.

Step

1

Take this quick test to get an understanding of your current state of wellbeing. Scan here:

Note: The MSQ is a tracking tool that is used to assess an individual's progress in dietary and lifestyle changes. It is not intended as a medical diagnosis and, in case of any doubt, please consult a physician.



Step

2

Start your Gut Reset! Scratch the foil to reveal a new mission video for each day.

Day 1



Be open & listen to your gut

Day 2



Release negative thoughts that are holding you back

Day 3



Small changes make big differences

Day 4



Breathe in... breathe out...

Day 5



Eat the rainbow

Day 6



Consistent stretching can improve your gut health!

Day 7



Have you had your 2L of water today?

Day 8



Have you taken your probiotics & fibre powder today?

Day 9



You have the power to change

Day 10



It's juice time!

Day 11



Trust your body, find your centre

Day 12



Energy levels are up, up, up!

Day 13



Healthy diet, healthy you

Day 14



Celebrate your journey!

How's your wellbeing?



Take the MSQ test again & review your progress after the gut reset.

Step

3

Congratulations, you've completed the Gut Reset stage!

Keep practicing the lessons learnt for the remainder (15-60days) of your BodyKey journey, especially these three:



Eat a balanced & healthy diet



Walk 10,000 steps per day



Consume your supplements



What's next? Check out amway.my/guthealth for the BodyKey 15-Day Guide for the next stage of your weight management journey and to learn more about Health Screening Passes.