

JASON VALE
SUPER
BLEND
ME!

JOURNAL



My
**SUPER
BLEND
ME!**
Journal



IF YOUR LIFE'S WORTH LIVING,
IT'S WORTH RECORDING



I have found over the years that if you keep a journal of some kind whilst doing a challenge of this nature, you are more engaged with it.

Having said that, I am aware this process won't be for everyone. What I would say is that even if you don't fancy filling in (or filling out, if you're from the US!) your journal, please make a point of recording your *before* and *after* stats. You will be *genuinely* amazed at the magnitude of difference in such a short space of time, not only in weight (if you are doing this for weight loss) but in how you feel and overall body stats. Muscle is heavier than fat but takes up far less room, so some people see little change on the scales but a huge change on the 'inches lost' front and overall body shape. If you get a chance, please share your results with us at results@superblendme.com as by taking a small amount of time to record a short video, or send in your photos and stats, you could potentially inspire many people from all over the world to change their lives. If you manage to do this, I'd like to personally thank you in advance; you're helping to make a huge difference.

If you are the kind of person who loves the idea of fully engaging with the experience, then keeping a journal is the perfect way to do this, which is why I have laid out a full 21-day *Super Blend Me!* journal. Clearly, if you are doing a shorter challenge, as most will be, then just fill in the days you are doing.

GOOD LUCK!

BEFORE

HEIGHT	
WEIGHT	
BODY SHAPE	
BODY FAT %	
MUSCLE %	
WAIST MEASUREMENT	
CHEST MEASUREMENT	
HIP MEASUREMENT	
AVERAGE EXCERCISE PER WEEK	
TYPE OF EXERCISE	
BRIEFLY DESCRIBE YOUR HEALTH AND HOW YOU FEEL BEFORE STARTING...	

AFTER

HEIGHT	
WEIGHT	
BODY SHAPE	
BODY FAT %	
MUSCLE %	
WAIST MEASUREMENT	
CHEST MEASUREMENT	
HIP MEASUREMENT	
AVERAGE EXERCISE PER WEEK	
TYPE OF EXERCISE	
FINISH THIS SENTENCE; 'I HAVE COMPLETED THE SUPER BLEND ME! PLAN AND I FEEL...'	

Whatever you can do
or dream you can,
begin it;

Boldness has genius,
power & magic in it.

Johann Wolfgang von Goethe



DAY 1

A gravel path winds through lush green hills under a sunset sky. The path starts in the foreground and curves into the distance. The sky is filled with soft, colorful clouds in shades of orange, yellow, and purple. The hills are covered in vibrant green grass.

STOP
burying your
potential under
excuses!

DAY 2



**I NEVER
DREAMED
OF SUCCESS.
I WORKED
FOR IT.**

ESTEE LAUDER

DAY 3

Ordinary me
can **ACHIEVE**
SOMETHING
EXTRAORDINARY
by giving that
little bit extra

Bear Grylls



DAY 4

It is health that is
real wealth &
not pieces of
gold & silver.

Mahatma Gandhi



DAY 5



**NEVER
APOLOGISE**

for having high standards.

People who really want to be in your life

**WILL RISE UP
TO MEET THEM.**

DAY 6

**You either get bitter
or you get better.
It's that simple. You
either take what has
been dealt to you and
allow it to make you
a better person, or
you allow it to tear
you down. The choice
does not belong to
fate, it belongs to you.**

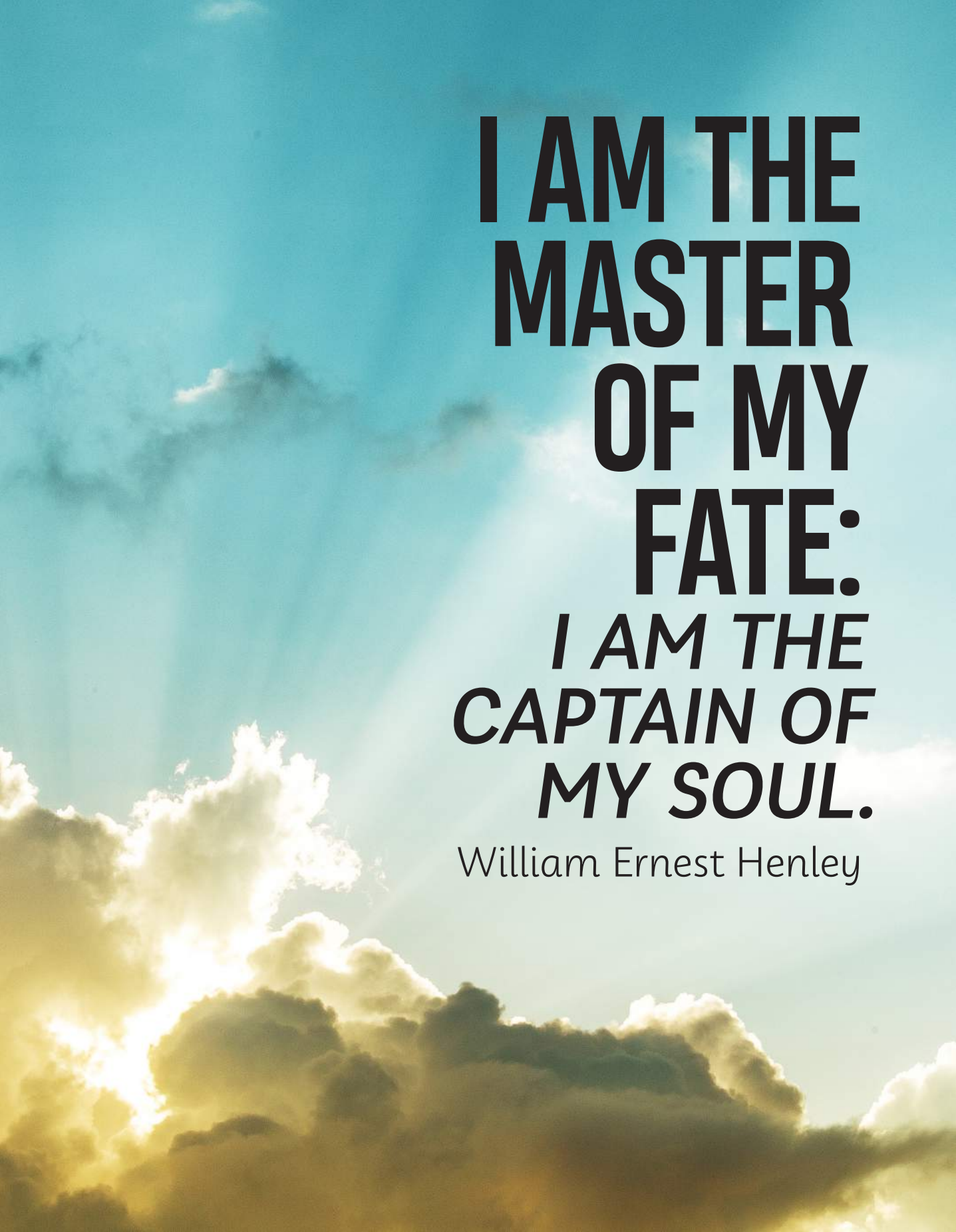
CONGRATULATIONS IT'S DAY 7!

If you set yourself the goal of completing the 7-day *Super Blend Me! Challenge* then congratulations are in order – it's your last day! Tomorrow is Results Day so don't forget to record your stats and / or email them to results@superblendme.com. You may, of course, be feeling so good and so in the *Super Blend Me!* zone that although you originally set out to do just 7 days, you're now tempted to do a little cheeky extension to make it a 10-day challenge or even longer. Whatever you decide, congratulations on doing whatever it took to reach your 7-day goal. If all has gone according to plan, you should be feeling and looking a whole lot better than you did at the start.

**“OBSTACLES ARE
DESIGNED TO MAKE
YOU STRONGER, ONLY
THE WEAK AVOID THEM.”**



DAY 8



**I AM THE
MASTER
OF MY
FATE:
*I AM THE
CAPTAIN OF
MY SOUL.***

William Ernest Henley

DAY 9

“When you are a giraffe & you receive criticism from turtles, they are reporting the view from the level they are on.”



CONGRATULATIONS IT'S DAY 10!

If you set yourself the goal of completing the 10-day *Super Blend Me! Challenge* then huge congratulations are in order – it's your final day on nothing but *Super Blends*. Tomorrow is Results Day so don't forget to record your stats (page 175) and / or email them to results@superblendme.com. I personally love reading the results, especially as it's not just about weight loss, so think about your overall health and how this may have changed. Your results also help to inspire others from all over the world. If you don't get a chance to email them in, then you can always jump on my social media channels and post there. Congratulations for setting a goal and doing whatever it took to make sure you completed it.

Be **STRONG** when
you are weak, **BRAVE**
when you are scared,
and **HUMBLE** when
you are victorious.



DAY 11

A scenic landscape at sunset. In the foreground, a stone wall runs along a grassy slope. A dirt path leads up the hill towards the horizon. The background features rolling hills under a warm, orange sky. The text is overlaid on the lower half of the image.

OPTIMISM
IS THE ONE QUALITY MORE
ASSOCIATED WITH SUCCESS
AND HAPPINESS
THAN ANY OTHER.

DAY 12



What you
get by **achieving**
your goals is not
as important as
what **you become** by
achieving your goals.

Henry David Thoreau

DAY 13

**NEVER GIVE UP
ON A DREAM**
*just because of the
time it will take
to accomplish it.
The time will
pass anyway.*

Earl Nightingale



CONGRATULATIONS IT'S DAY 14!

If you set yourself the goal of completing the 14-day *Super Blend Me! Challenge* then huge congratulations are in order - it's your final day on nothing but *Super Blends*. Tomorrow is Results Day so don't forget to record your stats and / or email them to results@superblendme.com. I personally love reading the results, especially as it's not just about weight loss, so think about your overall health and how this may have changed. Your results also help to inspire others from all over the world. If you don't get a chance to email them in, then you can always jump on my social media channels and post there. Congratulations for setting a goal and doing whatever it took to make sure you completed it. People get great results on a 7-day *Super Blend Me! Challenge*, but when you raise the game to 14 days like you have – you should be seeing some pretty significant changes!

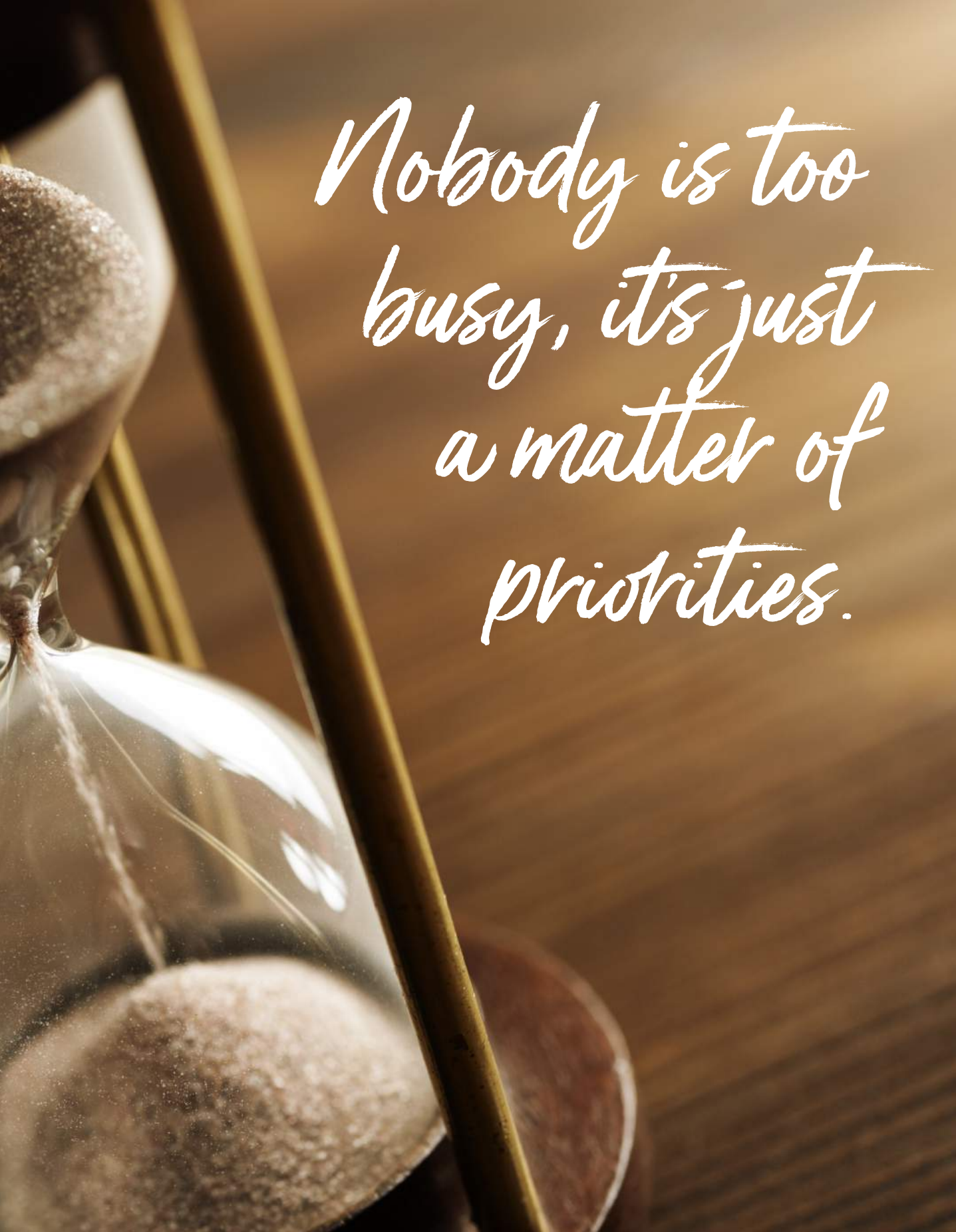
DO IT WITH
PASSION
OR NOT
AT ALL

DAY 15

Either I WILL
FIND A WAY or
CREATE A WAY;
**BUT I WILL
NOT CREATE
AN EXCUSE**



DAY 16

An hourglass with sand flowing from top to bottom, set against a warm, golden background. The hourglass is made of clear glass with a brass-colored frame. The sand is a light brown color. The background is a soft, out-of-focus golden-brown color.

*Nobody is too
busy, it's just
a matter of
priorities.*

DAY 17

**TAKE CARE OF
YOUR BODY.**

**IT'S THE
ONLY
PLACE
YOU HAVE
TO LIVE.**

DAY 18

**NEARLY THERE ISN'T
THERE! JUST KEEP
SWIMMING!**



DAY 19

**Successful
people do
what they
need to do
whether they
like it or not**



DAY 20



**YOU DIDN'T
COME THIS FAR
TO ONLY COME
THIS FAR**

CONGRATULATIONS IT'S DAY 21!

If you set yourself the goal of the big 21-day *Super Blend Me! Challenge* then a MASSIVE congratulations is in order – it's your final day on nothing but *Super Blends* and you're no doubt more than ready to start using your teeth again! Tomorrow is Results Day so don't forget to record your stats and / or email them to results@superblendme.com. I personally love reading the results, especially as it's not just about weight loss, so think about your overall health and how this may have changed. Your results also help to inspire others from all over the world. If you don't get a chance to email them in, then you can always jump on my social media channels and post there. Congratulations for setting a goal and doing whatever it took to make sure you completed it. People get great results on a 7-day *Super Blend Me! Challenge*, but when you raise the game to 21 days like you have – you should be seeing some pretty significant changes.
