

MONAVIE RVLUTION

MAJOR EVENTS HELD ONCE PER MONTH



Play *Revolution* by the Beatles for added fun!

Welcome Statement: Thanks for coming to the RVLution party! It is time to take control of your health and weight. Who is ready to rock and get rid of the rolls? The average weight loss on the RVLution Program is 30 pounds in 10 weeks and 18 percent body fat reduction. Is anyone interested in that?

GENERAL GUIDELINES

1. Greet people at the door and welcome them to the City RVLution, the biggest movement in health history. City RVLutions are \$5 for distributors and free for their guests. Provide each attendee a "Why RVL Works" flier and have them sign the liability waiver.
2. Share your personal MonaVie RVL story.
3. Invite RVLutionaries to share their RVL experience (name, occupation, how many pounds/inches lost—showing with a tape measure) and one tip for people starting in the RVLution.
4. Each meeting, show the RVL video with Mark MacDonald explaining blood glucose stabilization and the RVLution handouts.
5. Talk about how the RVLution is a combination of the best product (MonaVie), the best education, and the best support. All three will take your body to the next level and permanently reprogram your metabolism.
6. Give a short description of the RVL Weight Management System, the MonaVie health juices, and E^{MV} Lite and show the products slide from the MVP Flip Chart.
7. Invite those who have earned a free cruise or trip through the MonaVie RVLution to the front to celebrate their achievement.
8. Serve samples of RVL (shake or bar), MonaVie juice (any or all blends), and EMV Lite.
9. Coach the guests on what RVL products they will need for their health.
 - "Raise your hand if you or someone you know has 30 pounds or less to lose."
 - Recommend the complete RVL plan for three months.
 - "Raise your hand if you or someone you know who has over 30 pounds to lose."
 - Recommend a six month commitment to this incredible program.
10. Encourage RVL total plan + MonaVie juice + E^{MV} Lite (for pop/coffee drinkers) for those looking to accelerate their weight loss/health goals or for those looking for better health for themselves and their families.
11. Explain that once the weight is lost, RVL becomes a "weight management system," so you get to continue drinking at least one shake a day to help stabilize blood glucose, giving your cells everything they need—nutrition! We want our bodies nourished so they function optimally.
12. Express our desire to help every guest. Great online support is available at www.monaviervl.com, plus they can qualify for prizes! If they are interested, one of our RVLution coaches can weigh and measure them. They can also track how many pounds and inches they are down each week! Their first measurement will be at today's event!
13. Explain that there will be weekly RVL 15-minute, inspirational, motivational, and educational calls where they will learn more from RVLution coaches and people just like them who have won the "battle of the bulge!" (More information will be provided at the Dallas event.)
14. Invite guests to get started today. You might say: "Are you ready to be in the best shape of your life—permanently? Are you ready for your metabolic rate to be kick-started? Talk to the person who invited you and they will help you to complete the enrollment sheet. As soon as you are

signed up, you will be weighed and measured by a RVLution coach, if you are interested (can be done privately, fully clothed). This is going to be so fantastic for you and your family!"

15. Instruct guests to sign their RVLution contract with their RVLution coach and to create a specific, dated, realistic goal.
 16. Encourage them to host a party in one to two weeks. Everyone will be asking how they are dropping the weight and what they are doing to feel so great. Why not be paid to get healthy by sharing with friends and family that are looking for this RVLution solution!
 17. Explain the three-day sample pack/juice available so they can get started today! (Their RVLution coach/sponsor sells these packs, so they can get started now!)
 18. Give guests a calendar of upcoming RVLution parties so they can come back weekly to be weighed and measured (preferably by the same RVLution coach) and their weight/inches lost can be celebrated. Invite them to bring friends looking to get started on their journey to health and wealth!
19. Encourage them to go to MonaVie's news website www.monavieonthemove.com, post their success on Facebook, and submit their weekly measurements and weight loss on www.monaviervl.com.
 20. EXERCISE- Mark MacDonald, Jay Johnson, Renita Brannan, or fitness/health professionals from MonaVie will be present for that area.
 - State a verbal disclosure before exercising as MonaVie/representatives are not liable for injury.
 - Before exercising, remind all attendees to sign and turn in their liability waivers.
 - Explain that this will be a 45-minute, safe workout. It will focus on cardiovascular health, working multiple muscle groups and planes of motion, deep breathing to eliminate toxins, and stretching at the end. Most of all, it will be fun!
 21. Close the meeting with excitement and enthusiasm! Congratulate everyone on joining the RVLution and invite them to upcoming events and meetings. Also encourage them to invite their friends and families to join the RVLution.

Tools Needed for a Mini RVLution City Party

- *Body Confidence* by Mark MacDonald
- Product for sampling
- Three-day sample packs for purchase
- RVL/Blood Glucose Stabilization Video or someone able to explain the information
- Brochure/Sign-up sheets
- Tape Measure
- Scale that measures Weight, Body Fat, and Body Water (Tanita sells a scale that does this and is available at Target)
- Handouts:
 - RVLution Contract for guest to take home and put on their fridge
 - Blood Glucose Stabilization handout
 - Why RVL Works!
- Fitness trainer to lead classes

HOME RVLUTION MEETING

The provided guidelines are for City RVLution Meetings. For Home RVLution Meetings, follow the same guidelines with the exception of the following:

- There is no charge associated with Home RVLution Meetings.
- Liability waivers are not necessary for Home RVLution Meetings as there will be no exercise session.
- In addition to showing the Mark Macdonald video, utilize the MVP Flip Chart to instruct guests on MonaVie products and the MonaVie opportunity.

