

# RVLUTION CONTRACT



I, \_\_\_\_\_, commit to the RVLution!

**Time Period:**

- 90 days     180 days     Until my health goal is reached

**As a RVLutionary, I commit to the following:**

- \_\_\_\_\_ I commit to consume MonaVie products, especially the MonaVie RVL Weight Management products.
- \_\_\_\_\_ I commit to being accountable by weighing and measuring each week.
- \_\_\_\_\_ I commit to stabilizing my blood sugar through not only eating healthily, but eating correctly.
- \_\_\_\_\_ I commit to my evening meal, stabilizing my blood sugar by consuming the correct calories and balance of protein, fat, and carbohydrates.
- \_\_\_\_\_ I commit to eating living foods—fruits, vegetables, and MonaVie juices—and encouraging my family to do so as well.
- \_\_\_\_\_ I commit to eating at least five times per day following the RVL Weight Management Plan.
- \_\_\_\_\_ I commit to taking my RVL Supplement twice daily.
- \_\_\_\_\_ I commit to removing from my home any addictive junk food or foods that may sabotage my success.
- \_\_\_\_\_ I commit to creating positive escapes for my daily stressors and eliminating negative escapes (i.e. overeating).
- \_\_\_\_\_ I commit to taking back my power of believing I can with my nutrition.
- \_\_\_\_\_ I commit to becoming more active (at least 30 minutes of activity five to seven days a week).
- \_\_\_\_\_ I commit to taking back my power of believing I can with my fitness/activity.
- \_\_\_\_\_ I commit to getting measured/weighed by my RVLution coach once per week.
- \_\_\_\_\_ I commit to listening to the weekly RVLution calls to inspire and educate myself on healthy living.
- \_\_\_\_\_ I commit to visualizing myself at my ideal weight and body numerous times throughout the day.
- \_\_\_\_\_ I commit to finding my body confidence—looking and feeling my very best.
- \_\_\_\_\_ I commit to letting go of the past and focusing on an abundantly healthy future.
- \_\_\_\_\_ I commit to thinking and speaking positive, life-giving thoughts and words regarding my health.
- \_\_\_\_\_ I commit to surround myself with people who support my RVLution goals.
- \_\_\_\_\_ I commit to using the tools found on www.monaviervl.com to track my progress online.
- \_\_\_\_\_ I commit to sharing RVL with at least two—and definitely more!—friends and family members
- \_\_\_\_\_ I commit to believing that I am strong and healthy!
- \_\_\_\_\_ I commit to being excited to make healthy choices for my family and myself.
- \_\_\_\_\_ I commit to being excited to be a part of the MonaVie RVLution.
- \_\_\_\_\_ I commit to being a champion!
- \_\_\_\_\_ I commit to the following statement: I am MonaVie RVL!

Signature		Date
RVLution Partner		Date
RVLution Partner		Date
30-Day Goal	60-Day Goal	90-Day Goal