

HOW GREAT I AM

A journal to celebrate the glory of this Prüvit hero, that's me, myself, and I. "Because with great power comes great responsibility." (Spiderman) "I'm the best I am at what I do." (Wolverine) and this is the next step to "Cowabunga!" (Teenage Mutant Ninja Turtles) The moment when I "Up, up, and away!" (Superman) fly. Someone must have ripped out the "Q" section in my dictionary, 'cause I don't know the meaning of the word "quit." (Mystery Man) With this journal and my Keto/OS, in this moment, these next few days I will work on myself and I will not stop improving until all I know is BETTER "To Infinity and Beyond!" than even I could have imagined. Because "Life doesn't give us purpose. We give life purpose." (The Flash)

WORD IS YOU'RE A **PRÜVIT HERO.**

I KNOW YOU ARE. THIS IS NO COMIC STRIP. THIS IS THE REAL THING.

Whether you're working your way toward the Circle of Champions or want to reclaim your strength after a run in with Kryptonite (aka too many carbs), this journal will be the tool to help you on your path to "BETTER."

Be honest, after all – it is you you are talking to in here. Here you can work out what is holding you back and celebrate your daring, inspiring feats of Prüvit awe.

Journaling and visualization are scientifically proven to be the secret to success. Writing helps you see where you are on the road map to success, where you have been, and where you are going. This book you write in today will be the design of your process in change. Here you will create a vision, your dream, your mission, and suddenly, your inner resources, and the world around you will begin working to help make it a reality. If you write with consistency and truly do your homework, your words will become action. In the next 30 days – you will see your dreams **IGNITE!**

M.O.R.E: Louisville, Kentucky September 2-4, 2016

These statements have not been evaluated by the Food and Drug Administration. Prūvit products are not intended to are not intended to diagnose prevent treat or cure any disease. If you are under medical supervision for any allergy, disease, taking prescription medications or you are breastfeeding contact your medical provider before adding any new supplements to your daily regimen.

When you left OPTIMIZE, you had some ideas. List them all now.

1. _____	16. _____
2. _____	17. _____
3. _____	18. _____
4. _____	19. _____
5. _____	20. _____
6. _____	21. _____
7. _____	22. _____
8. _____	23. _____
9. _____	24. _____
10. _____	25. _____
11. _____	26. _____
12. _____	27. _____
13. _____	28. _____
14. _____	29. _____
15. _____	30. _____

“
**CAREFUL THE WISH YOU MAKE;
WISHES ARE CHILDREN
CAREFUL THE PATH THEY TAKE;
WISHES COME TRUE**

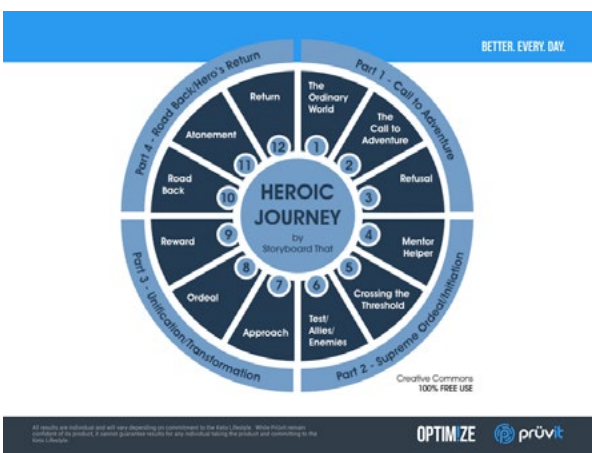
“INTO THE WOODS” LYRICS FROM “CHILDREN WILL LISTEN”

What are you so proud to have accomplished in the last month?

What have you only just achieved that you never thought possible?

YOU ARE THE HERO, AND THIS IS YOUR JOURNEY...

Every hero in every story throughout history (fiction and non-fiction) has taken a path that (although unique to the hero) follows a pattern. This journal uses the frame work of the Hero's Journey to navigate you on your path: Birth, Setting on the Journey, Meets Mentor/Oracle, Receives a Tool, Challenge/Struggle, Win, and Returns to Share with Tribe out.



As you travel on your own life's path—take notice of where you are on your journey. You will find that chapters of your life are actually a collection of smaller journeys within your life also following this pattern. Even within a small life event, such as a trip to San Diego—your own footsteps will fall solidly in the quatrains above.

“
**EVERY MOMENT OF LIFE IS AN OPPORTUNITY TO LEARN. AS THE SAYING GOES,
I AM LEARNING ALL THE TIME. THE TOMBSTONE WILL BE MY DIPLOMA.**

KARTHA KITT

Birth

Tickets in hand. You traveled to San Diego. What/who did you meet along the way? Any snags in travel? Traffic? Delays? Moments when patience was necessary? Did anyone go above and beyond to help someone in front of you – or maybe even you? Even the most ordinary life experience can mean an invaluable lesson. What did you observe? What did your travel to San Diego share with you?

Setting on the Journey Out

Describe below your initial thoughts and sights experienced as you arrived at the event. What did you see? Whom did you meet? What challenged you? What made you nervous? What did you look forward to? Who were you dressed as?

Meets the Mentor/Oracle

Brian Underwood dressed as a homeless man. What did you think of his tribute to everyday heroes? "The Letters" (<https://youtu.be/mOzDwMQ9Oak>) was the inspiration behind his costume choice. It was Mother Teresa whom said in this film, "I am but the pencil" meaning she was God's tool.

Lessons Learned from BU:

What about Mother Teresa's journey inspired you?

Name

Lesson

Name

Lesson

Name

Lesson

REACH OUT TO THESE PEOPLE AND LET THEM KNOW THE DIFFERENCE THEY MADE IN YOUR EVENT EXPERIENCE.

COMMUNICATE!

The power to communicate well only serves us when we put it into practice. Write the people who inspired you. Let them know. Show them some gratitude, and let them know how they have strengthened you on your journey.

“

WHEN YOU ARE GRATEFUL FEAR DISAPPEARS AND ABUNDANCE APPEARS.

ANTHONY ROBBINS

“

THE DIFFERENCE BETWEEN THE RIGHT WORD AND THE ALMOST RIGHT WORD IS THE DIFFERENCE BETWEEN LIGHTNING AND THE LIGHTNING BUG.

MARK TWAIN

RECEIVES A TOOL

Communication, Collaboration and the Leadership Skill: Geometric Psychology

At OPTIM!ZE, we learned an invaluable technology for not only business but for all of your relationships. This key will unlock the secret to relating to others in a way you have never been equipped to before. A tool that gives insight not only into the thoughts and influences of people around you – but most importantly into your own. Once you know who you are and you know who they are; then, it is easier to successfully meet the needs of others when delivering a message.

The success in this technology is in the timing.
Some facts to remember:

Answer the question: What's in it for them? In every communication you have with potential customers.

A few customers may be curious about all the science behind KETO/OS, but most prefer to be briefly amazed.

Here are some suggestions to dazzle, not drown them, in the details.

Be Quick.

According to StatisticBrain.com, our attention span is shrinking. In 2000, the average attention span was 12 seconds, and in 2013 it was 8 seconds. The average length of an effective Internet video is 2.7 minutes, and 17 percent of online page views last less than 4 seconds. At the other end, only 4 percent of users stay on a page more than 10 minutes. That means you have to get in and get out with your pitch, whether in person or online.

Be Brief.

Get your BOTTOM LINE UP FRONT. Twitter posts top out at 140 characters, which is good for quick observations, photos, or trivia about KETO/OS. Facebook allows **(what you just read from Be brief to the word allows was 140 characters)** 63,206 characters per update, but often hides the text after the first few lines, requiring users to click to read more.

Be Powerful.

Words are powerful. Use adjectives to create curiosity and urgency. Instead of saying “new” say “innovative” or “exciting” or “cutting-edge.”

Be quick.

Knowledge is key to success. Study news sites and social media regularly for industry info. Share expert columns from non-competitors on Facebook or your blog, and include a message at the top “Contact me to...” As long as you provide appropriate credit, this is an easy way to promote yourself.

BLUE PERSONALITY TYPE:

THE LIFE OF THE PARTY

STRENGTHS:

- They are animated fun and enthusiastic.
- They are optimistic, playful, bubbly
- They have huge hot/warm market's
- They are spontaneous
- Love social settings, (Dance clubs, Seminars, rallies, parties).
- Good motivators and promoters.
- Quick to make decisions.
- Easy to connect with.
- Risk-takers
- Are competitive
- Are generous
- Bring excitement and need variety.

WEAKNESSES:

- They are terrible with details and follow up.
- They have a tendencies to talk to much
- They tend to be indecisive.
- They tend to have a lot of drama in their lives.
- They are very scattered with a very short attention span.
- Take rejection personally.
- They ignore their problems and procrastinate in general.
- They are very forgetful leading to them being unreliable

GREEN PERSONALITY TYPE:

THE ANALYTICAL SIDE

STRENGTHS:

- Greens are very accurate, dependable, efficient & prompt.
- Usually they are very well read. Up on current events.
- Extremely organized.
- Very computer savvy.
- They have awesome follow up skills.
- They usually get good results as long as they have precise plan to follow.
- Good memories.
- Are drawn to technical occupations
- Analyze and rearrange systems
- Focus on the future
- Bring innovation to society

WEAKNESSES:

- Paralysis by over-analysis.
- They miss out on a lot of opportunities
- They are very suspicious and skeptical of people's motives
- They bombard their prospects with facts.
- They would rather be right than rich.
- They take a long time to make decisions. Have a problem finishing projects because they are too busy making it perfect.
- Greens don't show excitement. They tend to be emotionally detached.

YELLOW PERSONALITY TYPE: **THE SENSITIVE SOUL**

STRENGTHS:

- Perceived as shy or kept to themselves
- Prefer to blend in
- Very personable and friendly.
- They are great listeners.
- They have a lot of genuine friendships, therefore, big hot/warm market.
- Very unselfish. They are great team players
- They are extremely creative and expressive.
- They are dedicated and patient. Warm, Loyal and Supportive
- Desire quality time with loved ones
- Compromise and cooperate
- Nurture people, plants and animals
- Share emotions
- Are drawn to nurturing careers

WEAKNESSES:

- They take things very personal, especially rejection from a missed sale.
- They have a tendency to get pushed around or even get walked on by others.
- They buy people's excuses or reasons for not achieving their objectives
- They shut down when someone confronts them or yells at them.
- Trust people easily, very gullible.
- Hesitant when asked questions and take a long time thinking about the answer.
- They are professional worriers.
- They beat around the bush when confronting anything unpleasant.

RED PERSONALITY TYPE: **THE CONFIDENT ATTITUDE**

STRENGTHS:

- These are our "natural born leaders".
- They are fearless.
- They are goal oriented and thrive on competition.
- Self sufficient, dynamic and energetic.
- Independent.
- Reds portray a confident attitude.
- They are very decisive and determined.
- Quick to answer questions.
- They have a strong desire to win.
- Believe work comes before play
- Are drawn to respected occupations
- Enjoy positions of authority

WEAKNESSES:

- Very self centered
- They tend to be unteachable because they know it all.
- It's their way or the high way.
- Bad listeners.
- Red's can easily get addicted or obsessive.
- They are usually insecure and need to get their approval from others
- They are not very good team players.
- They crave constant reinforcement of their value from others.
- They are demanding of everyone.
- They are boastful. They are defined by their possessions.

Which color are you?

Did you know right away which was your color?
Do you feel you are a shade of more than one color?

Why?

Fill in the quatrain below with the name of someone on your team whom is one of the four colors. Write ways to communicate your message with each individual.

This was one of the first "tools" in the tool box. Tools of science, facts, figures, and business strategies were bestowed on the group through Dr. Volek, Dr. Andi, Dr. Jacob. Breakout sessions included ten topics over two days. Joseph McClendon III gave us insight into an entire shift in personal Psychology. Troy Dooly empowered us to PROTECT the HOUSE.

TROY
DOOLY



YOUR # **1** PRIORITY:

PROTECT THE HOUSE

YOUR HOUSE!

3 IMPORTANT RULES

PROTECT THE HOUSE!

Testimonials on social media can be very tricky, so be very careful. If the product or income claim in your testimonial is not what the typical consumer can reasonably achieve, then the FTC requires you to disclose the generally expected performance.

- 1 **Claims must be: Truthful, Fair, Not Misleading, Scientifically Substantiated.**
- 2 **Disclosure Must Be: Clear**
- 3 **Any testimonials must disclose your Pruvit Affiliation.**

ALL IMAGE POSTS

PROTECT THE HOUSE!

- **ALL Pictures Must Include The Product Disclosure & Material Connection!**
- **All Pictures Must Include The Following FDA Disclaimer: "The Food and Drug Administration has not evaluated these statements. This product is not intended to diagnose, treat, cure or prevent any disease. KETO//OS is not a weight loss product and individual results for fat loss will vary depending upon the diet and exercise."**
- **You must NOT post other people's before and after pictures, unless they come from the corporate social sites or profiles.**

SOCIAL MEDIA POSTS

PROTECT THE HOUSE!

The Same Testimonial Guidelines Apply To All Social Media Outlets.

The Income Disclaimer, Product Disclosure, & Material Connection Must Be Included Within The Body Of The Post!

SOCIAL VIDEO + LIVE STREAMING

PROTECT THE HOUSE!

ALL Videos Require Prior Approval From Compliance, When The Company Or Product Is Mentioned. When content contains product or income claims or a testimonial, the same rules described above previously apply.

Disclosures/ disclaimers must be visible on the video when the claim takes place. They must be easy to read and stay on screen long enough for the typical consumer to be able to read the entire disclosure. All videos must include a visible link back to the Independent Prüver's replicated website.

Take Precautions On Live Streaming
When Including ANYTHING Prüvit!

DR JEFF VOLEK



Meets the Mentor/Oracle

- Fat is Primary Fuel for KETOSIS
- Reduce Your Insulin
- Ketones increase testosterone production
- b-hydroxybutyrate prevents leucine from being oxidized – (stabilizes muscle growth & recovery faster than insulin)
- Decreased blood sugar increases growth hormone
- Increased presence of protein increases IGF-1 (helps with muscle development)

Volek JS et al. Metabolism. Jul 2002;
Manninen AH. Nutra Metab. Jan 2006

Ketones Protect the Brain from Oxygen Toxicity:

1. Prevent formation of oxygen free radicals
2. Protect the brain from oxidative stress
3. Improve neural signaling

“

LET FOOD BE THY MEDICINE, THY MEDICINE BE THY FOOD.

HIPPOCRATES

KETOSIS HACK #2

Sugar IS a DRUG

Hedonic Effects:

- Headache
- Anxiousness
- Insomnia
- Dizziness
- Fatigue
- Moodiness

KETOSIS HACK #2

“One does not simply enter Ketosis”

- Keep carbohydrate intake low enough to decrease insulin:
 - < 20g per day for weight loss for those with insulin resistance
 - < 10-20g per meal for cholesterol reduction
 - Use Keto//OS
- Closely monitored by your physician!
- High fat, ketosis stimulating foods for hunger/appetite suppression

KETOGENIC STABILIZATION

High Fat Foods/Rescue Foods:

- Bacon
- Eggs
- Hard Cheeses (Velveeta is not real cheese!)
- Avocado
- Grass Fed Red Meats / Pork
- Fatty Fish
- Butter
- Heavy Cream
- Macadamia/Almonds/Walnuts
- Keto//OS

KETOS KILLERS

Anything that raises insulin levels...

- Complex Carbohydrates
- Simple Carbohydrates
- Sweeteners
 - Sugar, High Fructose Corn Syrup, Agave, Honey, etc
- Artificial Sweeteners
 - Mannitol, Xylitol, Maltitol, Isomalt, Acesulfame Potassium, Dextrose, Maltodextrin etc.
- Excessive Protein Intake

Nally, AS, 2011, “The Skinny About Sweeteners,”

http://www.sensiblemedicalsolutions.com/abi_sweetener.html

KETOSIS HACK #4

- Insulin Resistance is Reversible
- 18-24 months

KETOSIS HACK #5

- Ketones halt inflammation
- Ketones halt cancer growth

KETOSIS HACK #6

Ketogenic based diet has significant improved effect on heart failure.

KETOSIS HACK #7

Multiple studies reveal patient's with insulin resistance have twice risk for contracting Alzheimer's disease.

Studies in large populations: Ott et al. 1999 (Rotterdam: "direct or indirect)

KETOSIS HACK #8

Ketones have notable effect on reduction of free radicals & slow the aging process.

Veech RL, 2004, "The therapeutic implications of ketone bodies...",
Prostaglandins Leukot Essent Fatty Acids, 2004 Mar;70(3):309-19. 70

KETOSIS HACK #9

Examples of Vessel Wall Volume measurements (VWV) at baseline and 2 year follow-up after:

Group 1 – Low Fat Diet

Group 2 – Mediterranean Diet

Group 3 – Ketogenic Diet

Shai I et al. Circulation, 2010;121:1200-1208

DR ANDRA CAMPIELLI



Current State of Health

For the first time in 1000 years, future generations are likely to die at a younger age than their parents (NEJM, 2005)

- Study predicted, Life expectancy will drop by as much as 5 years in the next few decades.

15-year study

- Participants who took in 25% or more of their daily calories as sugar were more than twice as likely to die from heart disease as those whose diets included less than 10% added sugar.
- Overall, the odds of dying from heart disease rose as %of sugar in the diet rose
- Irrespective of age, sex, physical activity level, and BMI

Regardless of Healthy Eating Index scores (measure of diet quality), people who ate more sugar still had higher cardiovascular mortality.

JAMA Intern Med. 2014;174(4):516-524

- A Society of Sugar Addiction
- Source of Energy – NO NUTRITIONAL VALUE
- Sugar fuels every cell in the brain.
- Your brain also sees sugar as a reward, which makes you keep wanting more of it.

More sugar = reinforcing that reward

Foods with more sugar, (sugar, white flour, potatoes, refined starch) trigger same area of brain for conventional addiction, such as gambling or drug abuse. [nucleus accumbens]

1994, Nobel et al at UCLA

- Obese adults who “binge on dense carbohydrates” (not alcohol or drug addicts) had the same D2 dopamine gene marker that distinguished alcoholism and other drug addictions.
- Malfunctions in serotonin processing correlates with an addiction to sugars and flours

Journal of Clinical Nutrition American J Nutr. 2009 Mar; 139(3): 623–628.

- Brain imaging revealed that fat and sugar affect different parts of the brain.
- High-fat: Linked to associative learning and somatosensory regions
- High-sugar: Frenzy in the regions associated with reward, motivation, and taste
- This is why sugar is associated with signs of withdrawal, but fat isn't.
- Sugar's hold on to our brains seems to grow with each dose
- Increased the fat content: brain activation remained the same.
- Increase sugar: reward centers kept getting more and more stimulated

CONCLUSION

- We should prioritize reducing sugar over reducing fat
- NO relationship between sugar AND fat in activating the brain. Even though they're often paired in unhealthy treats (and equally blamed for dessert aftermath)
- Ketones are the end products of fatty acid metabolism

- (β -hydroxybutyrate (BHB), acetoacetate and acetone)
- Energy sources that your body naturally produces and burns under special metabolic conditions.
- Starvation
- Very high fat / low carbohydrate diet (ketogenic diet).
- Ketones DO NOT require insulin to enter cells and can be incorporated into the metabolic cycles that generate the cellular fuel ATP. (unlike glucose)
- They CANNOT be converted to body fat (unlike glucose)
- Ketones can freely enter the brain: excellent fuel for brain cells.
- Ketones generate more ATP per unit oxygen consumed than any other energy source.

Summary of Ketone Health Benefits

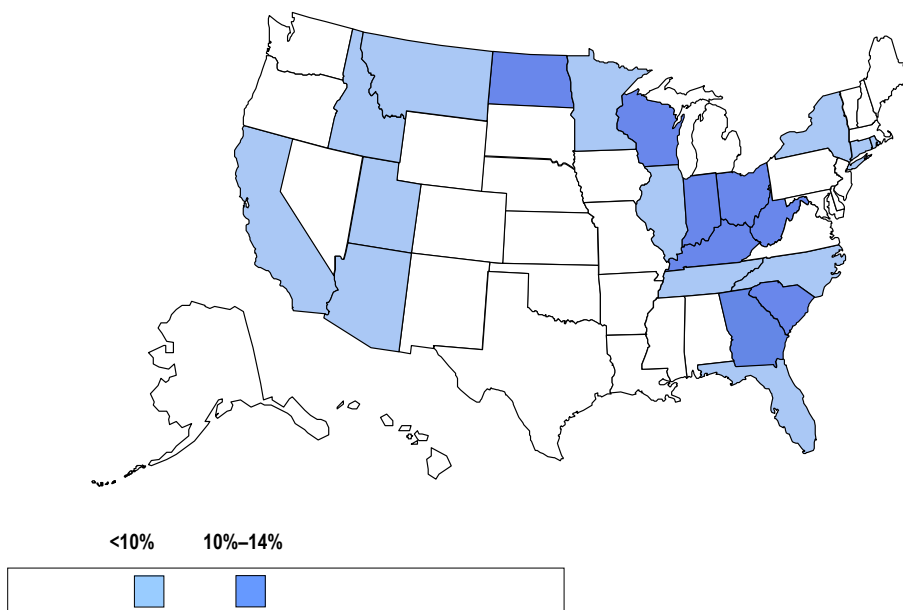
- Increased Energy, Focus, Concentration
- Better Longevity & Epigenetics
- Decreased Inflammation
- Improved Neurological Health:
 - Beneficial results in studies with Epilepsy, Alzheimer's, Parkinson's Disease, MS & ALS
- Insulin resistance & Blood sugar imbalance
 - Beneficial results in studies of Obesity, T2D, PCOS
- Improved cardiovascular health:
 - Beneficial results in studies of High cholesterol, Increases HDL
- Improved mood
- Better Sleep
- Younger-looking, Clear Skin

DR JACOB WILSON



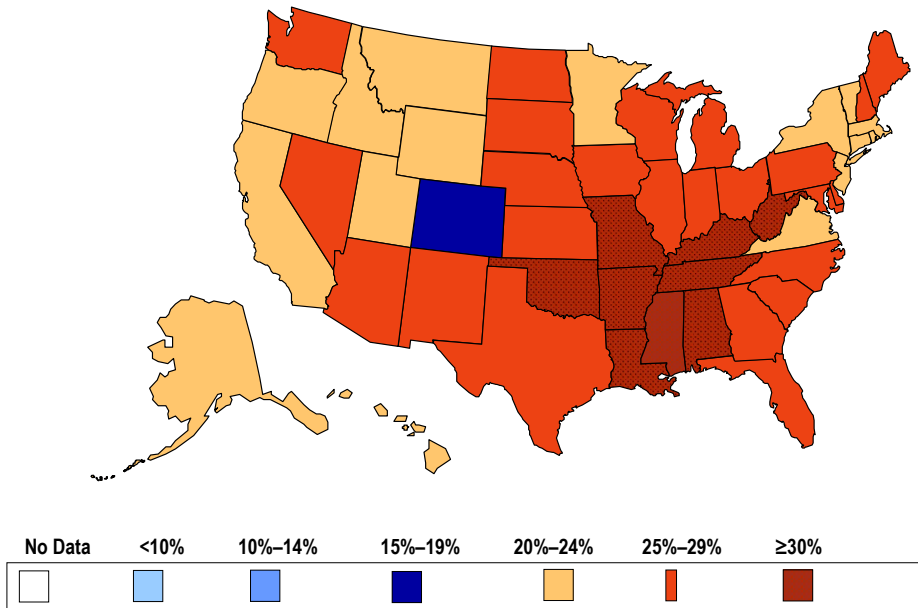
Obesity Trends* Among U.S. Adults BRFSS, 1985

(*BMI ≥ 30 , or ~ 30 lbs. overweight for 5' 4" person)

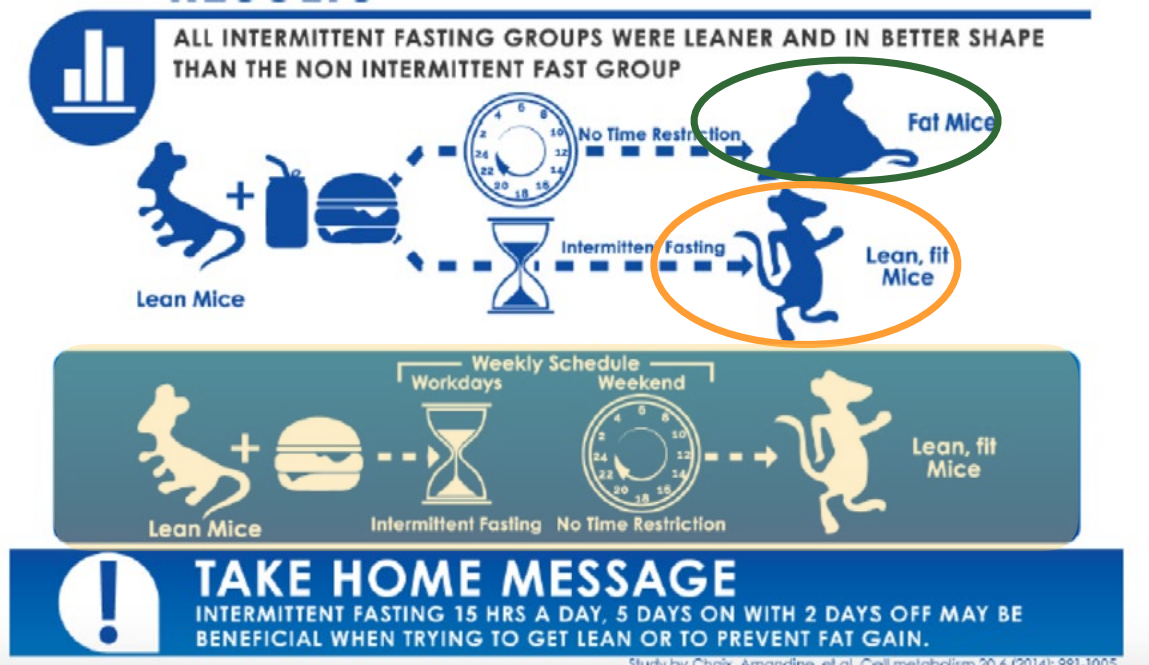


Obesity Trends* Among U.S. Adults BRFSS, 2009

(*BMI ≥ 30 , or ~ 30 lbs. overweight for 5' 4" person)



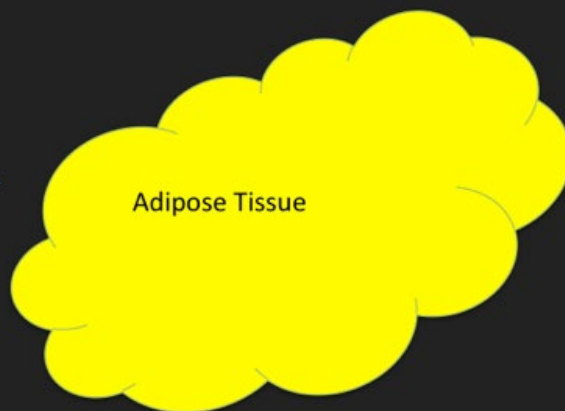
ALTERNATE DAY FASTING



DR. BRAYS RESEARCH SHOWS FAT CAN PROGRAM YOUR METABOLISM!!!

- ▶ These researcher's report "high-fat feeding at the transition from sleeping to waking seems to be critically for programing your metabolism to use fat for the remainder of the day!

Breakfast



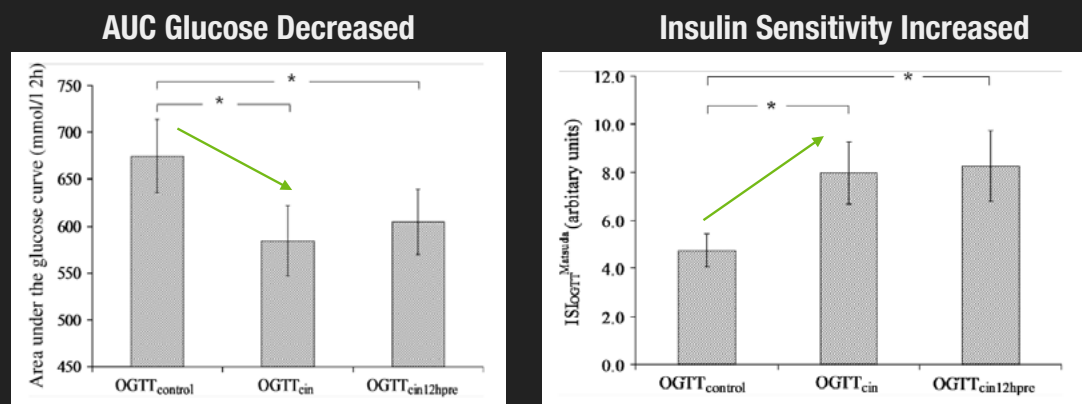
DR. BRAYS RESEARCH SHOWS FAT CAN PROGRAM YOUR METABOLISM!!!

- ▶ But a high carbohydrate breakfast leads to metabolic inflexibility and fixes your metabolism into carb use all day!

Breakfast



CINNAMON ALSO LOWER BLOOD GLUCOSE AND RAISES INSULIN SENSITIVITY FOR AT LEAST 12 HOURS!



These data indicate that cinnamon spice may improve glycemic control and insulin sensitivity even up to 12 hrs post ingestion in healthy males

Solomon, T. P. J., & Blannin, A. K. (2007). Effects of short-term cinnamon ingestion on in vivo glucose tolerance. *Diabetes, Obesity and Metabolism*, 9(6), 895-901.

OUR RESULTS DEMONSTRATE THAT CARBOHYDRATE RESTRICTION, NOT THE PRESENCE OF A NEGATIVE ENERGY BALANCE, IS RESPONSIBLE FOR INITIATING THE METABOLIC RESPONSE TO FASTING.

MANY PEOPLE BELIEVE A KETOGENIC DIET ISN'T POSSIBLE...

IT'S TIME YOU SEE THINGS AS THEY CAN BE...

Ketogenic Friendly Cauliflower Pizza

Recipe courtesy of Katie Lee



Cauliflower Pizza Crust

Total Time:
40 min

Prep: 5 min

Inactive 10 min

Cook: 25 min

Yield:
1 pizza crust

Level:
Easy

Ingredients

- ✓ 1 head cauliflower, stalk removed
- ✓ 1/2 cup shredded mozzarella
- ✓ 1/4 cup grated Parmesan
- ✓ 1/2 teaspoon dried oregano
- ✓ 1/2 teaspoon kosher salt
- ✓ 1/4 teaspoon garlic powder
- ✓ 2 eggs, lightly beaten

Directions

Preheat the oven to 400 degrees F. Line a baking sheet with parchment paper.

Break the cauliflower into florets and pulse in a food processor until fine. Steam in a steamer basket and drain well. (I like to put it on a towel to get all the moisture out.) Let cool.

In a bowl, combine the cauliflower with the mozzarella, Parmesan, oregano, salt, garlic powder and eggs. Transfer to the center of the baking sheet and spread into a circle, resembling a pizza crust. Bake for 20 minutes.

Add desired toppings and bake an additional 10 minutes.

Bacon and Eggs

Steak and Broccoli

Roast Beef and Cheddar “Sushi”

(Rolls of meat and cheese – no rice rolled in romaine.)

Ketogenic Peanut Butter Cups

Peanut Butter Chocolate Fat Bombs

Prep Time: 1 minute
Cook Time: 10 minutes
Total Time: 11 minutes

Yield: 12 fat bombs
Serving Size: 1 fat bomb
Calories per serving: 88
Fat per serving: 8.7g

Are you a lover of chocolate and peanut butter? Satisfy your craving with this low carb chocolate peanut butter fat bomb recipe. A perfect ketogenic snack!

Ingredients

1/4 cup sugar free peanut butter
1/4 cup coconut oil
1 ounce unsweetened baking chocolate
1 tablespoon cocoa
1/2 teaspoon Sweetleaf vanilla stevia drops

Instructions

1. Completely melt peanut butter, coconut oil, baking chocolate, and cocoa in chocolate melter or double boiler.
2. Remove from heat and stir in stevia.
3. Pour into silicone molds.
4. Freeze until hardened.
5. Remove from molds. Store in airtight container in the freezer.

Notes

Makes 12 fat bombs

Nutrition per fat bomb: 88 calories, 8.7g fat, 22mg sodium, 2.2g carb, 1.1g fiber, 1.1g net carb, 1.7g protein

<http://lowcarbyum.com/chocolate-peanut-butter-fat-bomb-recipe/>

“

**THE DOCTOR OF THE FUTURE WILL NO LONGER TREAT
THE HUMAN FRAME WITH DRUGS, BUT WILL RATHER
CURE AND PREVENT DISEASE WITH NUTRITION.**

THOMAS EDISON

JOSEPH MCCLENDON III



GEOMETRIC PSYCHOLOGY SHIFT: CHANGE YOUR THINKING, CHANGE YOUR LIFE

We all want MORE stuff

- Health
- Wealth
- Happiness
- Love
- Spiritually
- Lifestyle

The Thieves of our Dreams & Visions

- Procrastination
- Hesitation
- Fear of Failure
- Fear of Success
- Laziness and Complacency

What stops you from having MORE sooner?
What gets YOU going? What makes you step up
and FUNCTION at YOUR BEST?



2016 Pruvit M.O.R.E Leadership Summit

Maximize | Optimize | Renew | Elevate

“
**LIFE IS EXACTLY WHAT
YOU DARE TO MAKE IT.**

JM3

“
**COMING TOGETHER IS A BEGINNING; KEEPING TOGETHER
IS PROGRESS; WORKING TOGETHER IS SUCCESS.**

HENRY FORD

We are committed to taking Prūvit to levels never before experienced in the market place. What we have is a philosophy, a way of life, not merely a brand. The heartbeat of this is our people. Each of us goes above and beyond to PRŪVE every day that there is a way to BETTER.

The gift here is within. Our people are our most valuable asset and as long as ideas are shared and information and knowledge are our tools – there is nothing that can stop us.

In this event, we were each joined in our own “Fab 8.” A collaboration circle of people we had not planned on meeting. What did these people introduce you to? What did you learn that was more valuable than any other experience? Why?

What did you learn from the experience of planning lunch with “strangers?” How did the tools you learned help you successfully plan?

“
EVERYONE YOU MEET KNOWS SOMETHING YOU DON'T.

BILL NYE

Challenge/Struggle

Brian Underwood dressed as a homeless man. What did you think of his tribute to everyday heroes? What challenged you? Was it something small like not being able to attend the breakout session you had hoped to attend first? Or was it something happening on your team or not even within the event? Did you commit to the Triple Crown challenge? Write below the Challenges you accepted while in San Diego.

Did you find you have some sort of limiting beliefs holding you back from achieving your goals?

What challenges have you had in these areas? Write them now.

Knowing the resources are within you after three deep breaths, clear your head of the feeling of stress these challenges might cause you. Take three deep breaths, pick up your pen, and list solutions to your challenges. What haven't you tried yet?

1. _____	16. _____
2. _____	17. _____
3. _____	18. _____
4. _____	19. _____
5. _____	20. _____
6. _____	21. _____
7. _____	22. _____
8. _____	23. _____
9. _____	24. _____
10. _____	25. _____
11. _____	26. _____
12. _____	27. _____
13. _____	28. _____
14. _____	29. _____
15. _____	30. _____

As a company, BU challenged us to the Triple Crown which leads to the never before achieved, Better Trip.

TRIPLE CROWN

PROMO

FOR QUESTIONS REGARDING THIS PROMOTION, PLEASE CONTACT SUPPORT@PRUVITHQ.COM AND REFER TO PROMO 1012.

GO

QUALIFY TO EARN NEW + EXISTING PROMOTERS

**PURCHASE A CHAMPION PACK* OR
REGISTER 2 NEW PROMOTERS WHO PLACE AN ORDER****

*Pro Pack purchases are also valid. Purchase does NOT need to be initial order.
**The 2 new Promoters must be new, personally enrolled Promoters (including Customers who upgrade). Only commissionable orders are valid. Champion Packs used towards this qualifier do NOT count towards the first part of the promo.

PLEASE NOTE:

For a Promoter to qualify to earn all 3 bonuses, plus the free trip, they must meet the qualification above by June 14th 11:59pm. New and existing Promoters who purchase a Champion Pack between Jun 15 - July 14 can still qualify to earn Bonus 2 and 3. New and existing Promoters who purchase a Champion Pack between Jul 15 - Aug 30 can still qualify to earn Bonus 3.

1

30 DAYS MAY 15TH - JUNE 14TH 11:59PM CT

**SELL 3 PERSONAL
CHAMPION PACKS**

\$250

Purchased by personally enrolled promoters who join/upgrade on or after May 15th.
Purchase does NOT need to be initial order.

2

60 DAYS MAY 15TH - JULY 14TH 11:59PM CT

**HELP 3 PEOPLE HIT
THE GO MVP BONUS**

\$1000

Personally enrolled promoters who join/upgrade on or after May 15th are valid.

3

90+ DAYS MAY 15TH - AUGUST 31ST 11:59PM CT

**HELP 1 PERSON BECOME
A CHAMPION (RANK 6)**

\$2000

Personally enrolled promoters who join/upgrade on or after May 15th are valid.

GO TRIPLE

**ACHIEVE
1, 2, AND 3**

BETTER TRIP

Trip details will be released as they become available.

QUALIFICATION IS NOT PROGRESSIVE. FOR EXAMPLE, IF YOU MISS 1 OR 2 YOU CAN STILL QUALIFY FOR 3.

Each step will payout at the end of the month in which the bonus was achieved with the exception of Bonus 3 which will be paid out with August commissions on September 15.
*Conditions apply.



Notes

These statements have not been evaluated by the Food and Drug Administration. Pruvit products are not intended to are not intended to diagnose prevent treat or cure any disease. If you are under medical supervision for any allergy, disease, taking prescription medications or you are breastfeeding contact your medical provider before adding any new supplements to your daily regimen.

Win

During the event, what WINS did you experience? What were reasons you had to celebrate? What did you discover about yourself? Your team? Your company? What made you feel like you were a Champion?



**IMAGINE TRAVELING THE WORLD WITH YOUR PEERS
AS A REWARD FOR ACHIEVING THE TRIPLE CROWN!!!!**

WELL, GRAB YOUR PASSPORTS! IT'S HAPPENING...

BETTER TRIP

An exclusive group of serious Prüvers, providing the unprecedented opportunity to network while traveling to some of the most spectacular destinations on earth.

Members of the Better Trip will create a lifetime of stories:

- Galapagos Islands
- Ziplining in Costa Rica
- Icebergs in Greenland
- Hotels of Ice in Montreal, Canada
- Exploring in New Zealand

First trip is this Fall/Winter. Get your passports, and be ready!

Prüvit is going on an expedition you don't want to miss!

GET READY FOR BETTER AROUND THE WORLD!

Write what it would feel like to be a part of the first EVER BETTER Trip. Do you have your passport? If not, it's time to...

<https://pptform.state.gov/PassportWizardMain.aspx>

 **U.S. DEPARTMENT of STATE**
Online Passport Application

[? Need help with this Site?](#)

[Estimate Your Passport Fees](#)

Fill out your application online

What you'll need:

- Most recent passport book (if applicable)
- Emergency contact information
- A printer
- [Adobe Acrobat Reader](#)

Complete Form Online

- Applying for an adult or minor passport for the first time
- Applying for a passport book, card, or both
- Renewing an expired passport
- Updating or correcting passport information
- Replacing a damaged or limited validity passport

Submit

Report Lost or Stolen

- **SUBMIT ONLINE :** A lost or stolen report for an adult
- **Print out and mail :** A lost or stolen report for an adult
- **Print out and mail :** A lost or stolen report for a minor

Check Status

- Check the status of a recently submitted passport application

Coach Flowers' Motivational "I Am a Champion"

<https://youtu.be/G1GWBB7qrBA>



Today I am honored to coach you, more honored to take you onto the field of battle.

There is another honor to be bestowed upon you. That is the answer that comes with that question:

Who Am I?

That's right and I need you to remember that all throughout this game. I will conquer what has not been conquered.

Defeat will not be my creed. I will believe what others have doubted. I will always endeavor the prestige, honor, and respect of my team.

I have trained my mind, and my body will follow.

Who Am I? I Am A Champion.

I will acknowledge the fact that my opponents do not expect me to win. but I will never surrender.

Weakness will not be in my heart. I will look to my comrades, to those who have brought me into this world, and those who have trained me, and I will draw strength from them.

Who Am I? I Am A Champion.

I will go out in to the field of battle, and I will move, groove, and do everything that I can do, and I will reach my field of battle by any means at my disposal, and when I get them I will arrive violently.

I will rip the heart from my enemy and leave it bleeding on the ground, because he cannot stop me.

Who Am I? I Am A Champion.

To my side I have comrades. Comrades that have been with me

long through thick and thin. Through sacrifice, through blood, through sweat, through tears.

Never will I let them fall. Never will I let them down, and I will never leave an enemy behind, because one opponent does not know my heart.

Who Am I? I Am A Champion.

No one will deny me, and no one will tell me who and what I am and can be. Belief will change my world. It has moved continents, and countries,

and put man on the moon, and it will carry me through this battle.

Who Am I? I Am A Champion.

Defeat, retreat those are not in my words. I do not understand those definitions. I do not understand when things go wrong.

I do not understand mistakes. But I do understand this. I understand victory and I understand never surrendering.

No matter how bad things go. My heart and my mind will carry my body when my limbs are too weak.

Who Am I? I Am A Champion.

Today will be that day, not tomorrow, not next week, but right now. Right here, in your house, and in your home.

Who Am I? I Am A Champion.

History will remember me, and I will not have to worry about him being kind. I will define myself.

I will write my own praises.

And no one will tell me what I can and cannot be. I will never go home, not without giving everything I have got.

Cause Who Am I?

GO HOME TO SHARE WITH YOUR TRIBE

How have you shared your story? How have you put what you learned into practice? Over the next 30 days keep a log of your DMO.

DMO: DAILY METHOD OF OPERATION

1. IMPRÜV

5-7 Min of Personal Development per day

2. MÜV

3 times per day

3. INVITE

1 new person per day

4. COLLABORATE

1 validation activity per day (3 way call, conference, mixer)

5. CONNECT

3 times for 3 minutes per day

www.facebook.com/justpruvit

DAY 1

IMPRUV

5-7 min Personal Development:	What I read:

MUV

3 times a day move your body:
1.
2.
3.

INVITE

Whom I invited today:	One validation activity per day (3-way call, mixer, etc)

COLLABORATE

CONNECT

Three minutes on Facebook or social media per day. Not just a “like” – but actual message writing.

List whom you connected with and how today

DAY 2

IMPRUV

5-7 min Personal Development:

What I read:

MUV

3 times a day move your body:

- 1.
- 2.
- 3.

INVITE

Whom I invited today:

COLLABORATE

One validation activity per day (3-way call, mixer, etc)

CONNECT

Three minutes on Facebook or social media per day. Not just a “like” – but actual message writing.

List whom you connected with and how today

<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>

DAY 3

IMPRUV

5-7 min Personal Development:	What I read:

MUV

3 times a day move your body:
1.
2.
3.

INVITE

Whom I invited today:	One validation activity per day (3-way call, mixer, etc)

COLLABORATE

CONNECT

Three minutes on Facebook or social media per day. Not just a “like” – but actual message writing.

List whom you connected with and how today

DAY 4

IMPRUV

5-7 min Personal Development:

What I read:

MUV

3 times a day move your body:

- 1.
- 2.
- 3.

INVITE

Whom I invited today:

COLLABORATE

One validation activity per day (3-way call, mixer, etc)

CONNECT

Three minutes on Facebook or social media per day. Not just a “like” – but actual message writing.

List whom you connected with and how today

<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>

DAY 5

IMPRUV

5-7 min Personal Development:	What I read:

MUV

3 times a day move your body:
1.
2.
3.

INVITE

Whom I invited today:	One validation activity per day (3-way call, mixer, etc)

COLLABORATE

CONNECT

Three minutes on Facebook or social media per day. Not just a “like” – but actual message writing.

List whom you connected with and how today

DAY 6

IMPRUV

5-7 min Personal Development:

What I read:

MUV

3 times a day move your body:

- 1.
- 2.
- 3.

INVITE

Whom I invited today:

COLLABORATE

One validation activity per day (3-way call, mixer, etc)

CONNECT

Three minutes on Facebook or social media per day. Not just a “like” – but actual message writing.

List whom you connected with and how today

<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>

DAY 7

IMPRUV

5-7 min Personal Development:	What I read:

MUV

3 times a day move your body:
1.
2.
3.

INVITE

Whom I invited today:	One validation activity per day (3-way call, mixer, etc)

COLLABORATE

CONNECT

Three minutes on Facebook or social media per day. Not just a “like” – but actual message writing.

List whom you connected with and how today

DAY 8

IMPRUV

5-7 min Personal Development:

What I read:

MUV

3 times a day move your body:

- 1.
- 2.
- 3.

INVITE

Whom I invited today:

COLLABORATE

One validation activity per day (3-way call, mixer, etc)

CONNECT

Three minutes on Facebook or social media per day. Not just a “like” – but actual message writing.

List whom you connected with and how today

<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>

DAY 9

IMPRUV

5-7 min Personal Development:	What I read:

MUV

3 times a day move your body:
1.
2.
3.

INVITE

Whom I invited today:	One validation activity per day (3-way call, mixer, etc)

COLLABORATE

CONNECT

Three minutes on Facebook or social media per day. Not just a “like” – but actual message writing.

List whom you connected with and how today

DAY 10

IMPRUV

5-7 min Personal Development:

What I read:

MUV

3 times a day move your body:

- 1.
- 2.
- 3.

INVITE

Whom I invited today:

COLLABORATE

One validation activity per day (3-way call, mixer, etc)

CONNECT

Three minutes on Facebook or social media per day. Not just a “like” – but actual message writing.

List whom you connected with and how today

<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>

DAY 11

IMPRUV

5-7 min Personal Development:	What I read:

MUV

3 times a day move your body:
1.
2.
3.

INVITE

Whom I invited today:	One validation activity per day (3-way call, mixer, etc)

COLLABORATE

CONNECT

Three minutes on Facebook or social media per day. Not just a “like” – but actual message writing.

List whom you connected with and how today

DAY 12

IMPRUV

5-7 min Personal Development:

What I read:

MUV

3 times a day move your body:

- 1.
- 2.
- 3.

INVITE

Whom I invited today:

COLLABORATE

One validation activity per day (3-way call, mixer, etc)

CONNECT

Three minutes on Facebook or social media per day. Not just a “like” – but actual message writing.

List whom you connected with and how today

<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>

DAY 13

IMPRUV

5-7 min Personal Development:	What I read:

MUV

3 times a day move your body:
1.
2.
3.

INVITE

Whom I invited today:	One validation activity per day (3-way call, mixer, etc)

COLLABORATE

CONNECT

Three minutes on Facebook or social media per day. Not just a “like” – but actual message writing.

List whom you connected with and how today

DAY 14

IMPRUV

5-7 min Personal Development:

What I read:

MUV

3 times a day move your body:

- 1.
- 2.
- 3.

INVITE

Whom I invited today:

COLLABORATE

One validation activity per day (3-way call, mixer, etc)

CONNECT

Three minutes on Facebook or social media per day. Not just a “like” – but actual message writing.

List whom you connected with and how today

<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>

DAY 15

IMPRUV

5-7 min Personal Development:	What I read:

MUV

3 times a day move your body:
1.
2.
3.

INVITE

Whom I invited today:	One validation activity per day (3-way call, mixer, etc)

COLLABORATE

CONNECT

Three minutes on Facebook or social media per day. Not just a “like” – but actual message writing.

List whom you connected with and how today

DAY 16

IMPRUV

5-7 min Personal Development:

What I read:

MUV

3 times a day move your body:

- 1.
- 2.
- 3.

INVITE

Whom I invited today:

COLLABORATE

One validation activity per day (3-way call, mixer, etc)

CONNECT

Three minutes on Facebook or social media per day. Not just a “like” – but actual message writing.

List whom you connected with and how today

<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>

DAY 17

IMPRUV

5-7 min Personal Development:	What I read:

MUV

3 times a day move your body:
1.
2.
3.

INVITE

Whom I invited today:	One validation activity per day (3-way call, mixer, etc)

COLLABORATE

CONNECT

Three minutes on Facebook or social media per day. Not just a “like” – but actual message writing.

List whom you connected with and how today

DAY 18

IMPRUV

5-7 min Personal Development:

What I read:

MUV

3 times a day move your body:

- 1.
- 2.
- 3.

INVITE

Whom I invited today:

COLLABORATE

One validation activity per day (3-way call, mixer, etc)

CONNECT

Three minutes on Facebook or social media per day. Not just a “like” – but actual message writing.

List whom you connected with and how today

<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>

DAY 19

IMPRUV

5-7 min Personal Development:	What I read:

MUV

3 times a day move your body:
1.
2.
3.

INVITE

Whom I invited today:	One validation activity per day (3-way call, mixer, etc)

COLLABORATE

CONNECT

Three minutes on Facebook or social media per day. Not just a “like” – but actual message writing.

List whom you connected with and how today



These statements have not been evaluated by the Food and Drug Administration. Pruvit products are not intended to are not intended to diagnose prevent treat or cure any disease. If you are under medical supervision for any allergy, disease, taking prescription medications or you are breastfeeding contact your medical provider before adding any new supplements to your daily regimen.

DAY 20

IMPRUV

5-7 min Personal Development:

What I read:

MUV

3 times a day move your body:

- 1.
- 2.
- 3.

INVITE

Whom I invited today:

COLLABORATE

One validation activity per day (3-way call, mixer, etc)

CONNECT

Three minutes on Facebook or social media per day. Not just a “like” – but actual message writing.

List whom you connected with and how today

<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>

DAY 21

IMPRUV

5-7 min Personal Development:	What I read:

MUV

3 times a day move your body:
1.
2.
3.

INVITE

Whom I invited today:	One validation activity per day (3-way call, mixer, etc)

COLLABORATE

CONNECT

Three minutes on Facebook or social media per day. Not just a “like” – but actual message writing.

List whom you connected with and how today

DAY 22

IMPRUV

5-7 min Personal Development:

What I read:

MUV

3 times a day move your body:

- 1.
- 2.
- 3.

INVITE

Whom I invited today:

COLLABORATE

One validation activity per day (3-way call, mixer, etc)

CONNECT

Three minutes on Facebook or social media per day. Not just a “like” – but actual message writing.

List whom you connected with and how today

<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>

DAY 23

IMPRUV

5-7 min Personal Development:	What I read:

MUV

3 times a day move your body:
1.
2.
3.

INVITE

Whom I invited today:	One validation activity per day (3-way call, mixer, etc)

COLLABORATE

CONNECT

Three minutes on Facebook or social media per day. Not just a “like” – but actual message writing.

List whom you connected with and how today

DAY 24

IMPRUV

5-7 min Personal Development:

What I read:

MUV

3 times a day move your body:

- 1.
- 2.
- 3.

INVITE

Whom I invited today:

COLLABORATE

One validation activity per day (3-way call, mixer, etc)

CONNECT

Three minutes on Facebook or social media per day. Not just a “like” – but actual message writing.

List whom you connected with and how today

<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>

DAY 25

IMPRUV

5-7 min Personal Development:	What I read:

MUV

3 times a day move your body:
1.
2.
3.

INVITE

Whom I invited today:	One validation activity per day (3-way call, mixer, etc)

COLLABORATE

CONNECT

Three minutes on Facebook or social media per day. Not just a “like” – but actual message writing.

List whom you connected with and how today

DAY 26

IMPRUV

5-7 min Personal Development:

What I read:

MUV

3 times a day move your body:

- 1.
- 2.
- 3.

INVITE

Whom I invited today:

COLLABORATE

One validation activity per day (3-way call, mixer, etc)

CONNECT

Three minutes on Facebook or social media per day. Not just a “like” – but actual message writing.

List whom you connected with and how today

<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>

DAY 27

IMPRUV

5-7 min Personal Development:	What I read:

MUV

3 times a day move your body:
1.
2.
3.

INVITE

Whom I invited today:	One validation activity per day (3-way call, mixer, etc)

COLLABORATE

CONNECT

Three minutes on Facebook or social media per day. Not just a “like” – but actual message writing.

List whom you connected with and how today

DAY 28

IMPRUV

5-7 min Personal Development:

What I read:

MUV

3 times a day move your body:

- 1.
- 2.
- 3.

INVITE

Whom I invited today:

COLLABORATE

One validation activity per day (3-way call, mixer, etc)

CONNECT

Three minutes on Facebook or social media per day. Not just a “like” – but actual message writing.

List whom you connected with and how today

<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>

DAY 29

IMPRUV

5-7 min Personal Development:	What I read:

MUV

3 times a day move your body:
1.
2.
3.

INVITE

Whom I invited today:	One validation activity per day (3-way call, mixer, etc)

COLLABORATE

CONNECT

Three minutes on Facebook or social media per day. Not just a “like” – but actual message writing.

List whom you connected with and how today

DAY 30

IMPRUV

5-7 min Personal Development:

What I read:

MUV

3 times a day move your body:

- 1.
- 2.
- 3.

INVITE

Whom I invited today:

COLLABORATE

One validation activity per day (3-way call, mixer, etc)

CONNECT

Three minutes on Facebook or social media per day. Not just a “like” – but actual message writing.

List whom you connected with and how today

<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>

TIME FOR ACTION

Superhero - if you haven't signed up for MORE do so now! What our world needs, what your team needs to do, is to step-up and do something BETTER. Do it for your team; do it for your family - accept the challenge. Everyone wants to change - not everyone has the TOOLS. You want to achieve your goals? Come to MORE! Ignite your potential - PRUVIT. Let's begin!

Joseph McClendon III has already assigned homework.

What is your ideal lifestyle? What do you want out of your life and business?

What is your worst nightmare? (fear, phobias?)

Bring your team! Which members of your team absolutely MUST attend?
Your business, their business NEEDS this weekend. List & get a hold of them now.
Let's make this happen.

1. _____	6. _____
2. _____	7. _____
3. _____	8. _____
4. _____	9. _____
5. _____	10. _____

Notes

These statements have not been evaluated by the Food and Drug Administration. Pruvit products are not intended to are not intended to diagnose prevent treat or cure any disease. If you are under medical supervision for any allergy, disease, taking prescription medications or you are breastfeeding contact your medical provider before adding any new supplements to your daily regimen.

Notes

Notes

These statements have not been evaluated by the Food and Drug Administration. Pruvit products are not intended to are not intended to diagnose prevent treat or cure any disease. If you are under medical supervision for any allergy, disease, taking prescription medications or you are breastfeeding contact your medical provider before adding any new supplements to your daily regimen.

Notes

Notes

Lined area for notes.

Notes

Notes

These statements have not been evaluated by the Food and Drug Administration. Pruvit products are not intended to diagnose prevent treat or cure any disease. If you are under medical supervision for any allergy, disease, taking prescription medications or you are breastfeeding contact your medical provider before adding any new supplements to your daily regimen.



COMMIT TO MORE

AND IGNITE THE MARKET,

YOUR BUSINESS, AND YOUR LIFE.

SEPTEMBER 2-4 2016
LOUISVILLE, KENTUCKY

~~\$1150 VIP Seating~~

~~\$695 General admission~~

**EARLY BIRD
SPECIAL
\$247**
All seating



Joseph McClendon III

Joseph McClendon III is an expert in coaching sales business professionals in overcoming the behaviors and inner and outer obstacles, that may impede their sales results and affect their bottom line.

IGNITEMORE.EVENTBRITE.COM