



R3 REVITALIZE
BREAK FREE



**INVEST
IN YOU**



KICK EXCUSES TO THE
CURB, GET IT DONE AND
LIVE YOUR BEST LIFE!

**R3 REVITALIZE
PROGRAMS**



PURCHASE AT:  www.R3Revitalize.com

BE A LEADER!

\$99.80



R3 REVITALIZE
BREAK FREE

YOU ARE A LEADER, AND YOU ARE IMPORTANT!

One Month Digital Only

- Purchase 1-Month Agreement
- Sign agreement extension
- No auto-renew available
- Offering a 7-Day grace period for a program extension to save progress.

Digital Coaching Support

- You are a LEADER! and you are important. This agreement gives you access to your digital coach and offers additional a la carte pre-paid options for self-scheduling one-to-one coaching sessions, see page 2.
- One month of digital coaching to keep you engaged with your goals.
- 24/7 access to your Behavior Change Practitioner via a secured chat platform.
- Partner with a Biblically-based National Board-Certified Health & Wellness Coach. Certified Success Principle Trainer and Quantum Success Coach specializing in behavior change, habit development, and the power of thoughts and emotions.
- Receive access to your Customer Portal powered by: Quenza.com, a secure HIPAA-compliant technology to stay connected with your coach during the month.
- Develop yourself by exploring techniques, strategies, and tips to apply daily.
- Receive support & accountability while making choices to build new habits.
- Adjusting your day-to-day routine promotes health, happiness, love, joy, and gratitude.
- Track your progress.



www.R3Revitalize.com

PURCHASE PROGRAM

BE A LEADER!

48 business hour
coach response time



Additional a la carte support offered

A La Carte **\$35 Laser Call: 15 Minutes:**

Agenda:

- Topic focus.
- Identify next steps.
- Set commitment and confidence level.
- Call Takeaway.

*Self-Schedule
and Prepay
Calls as Needed.*

A La Carte **\$70 Accountability Call: 30 Minutes:**

Agenda:

- Check in
- Gratitude
- Topic focus.
- What is working?
- What is not working?
- Identify next steps.
- Set commitment and confidence level.
- Call Takeaway.

*Promo codes
do not apply
to a la carte
calls*

A La Carte **\$140 Deep Dive Call: 55 Minutes:**

Agenda:

- Check in
- Gratitude
- What is working?
- What is not working?
- Dive into the topic.
- Digging deeper: Troubleshoot/ Brainstorm / Problem solve
- Identify next steps.
- Set commitment and confidence level.
- Call Takeaway.

**PURCHASE
PROGRAM**

www.R3Revitalize.com

BE A SUPERSTAR!

\$960.00

**YOU ARE A SUPERSTAR,
AND THIS IS YOUR STAGE!**



R3 REVITALIZE
BREAK FREE



Six Month Commitment

- Purchase a 6-Month agreement
- Sign agreement extension
- No auto-renew available
- Offering a 7-Day grace period for a program extension to save progress.



R3 Light Up Your Life: Digital Coaching Support

- You are an SUPERSTAR! This agreement gives you dedicated access to your coach and additional perks!
- Self-Schedule one-to-one coaching sessions see page 2.
- Six months of digital coaching to keep you engaged with your next steps and accountable between calls.
- 24/7 access to your Behavior Change Practitioner via a secured chat platform.
- Partner with a Biblically-based National Board-Certified Health & Wellness Coach. Certified Success Principle Trainer and Quantum Success Coach specializing in behavior change, habit development, and the power of thoughts and emotions.
- Receive access to your Customer Portal powered by: Quenza.com, a secure HIPAA-compliant technology to stay connected with your coach for six months.
- Develop yourself by exploring techniques, strategies, and tips to apply daily.
- Receive support & accountability while building new habits.
- Adjusting your day-to-day routine promotes health, happiness, love, joy, and gratitude.
- Track your progress.
- **Coach will use best efforts to respond to your messages within 24 business hours.**



www.R3Revitalize.com

**PURCHASE
PROGRAM**

Self - Schedule Calls

BE A SUPERSTAR!

24 business
hour coach
response time


ADDITIONAL BENEFITS OF R3 LIGHT PROGRAM

1: WELCOME CALL

1: GRADUATION CALL

2: ACCOUNTABILITY CALLS

3: LASER CALLS

 Welcome Call: 55 Min

- Get to know you & build rapport.
- Set expectations and boundaries.
- Work through technology questions and process.
- Digging deeper to get clarity on how to support you.
- Explore personality style and learn best approach.
- Explore what "activities" would best fit next steps.
- Ask about your support network.
- Identify next steps.
- Set commitment and confidence level.
- Call Takeaway.

 Graduation Call: 30-55 Min

- Celebrate wins!
- Explore reflections & insights.
- Identify next steps.
- Offer agreement extension or build a game plan for life beyond R3 Revitalize.
- Explore character strengths learned.
- Explore new serving habits made.
- Explore foreseen challenges & barriers.
- Link cause and effect and build self-efficacy.
- Set commitment and confidence level.
- Ask for feedback.
- Call Takeaway.



Laser Call: 15 Minutes:

- Topic focus.
- Identify next steps.
- Set commitment and confidence level.
- Call Takeaway.



Accountability Call: 30 Minutes:

- Check in
- Gratitude
- Topic focus.
- What is working?
- What is not working?
- Identify next steps.
- Set commitment and confidence level.
- Call Takeaway.



Optional: A La Carte **\$140 Deep Dive Call: 55 Minutes:**

- Check in
- Gratitude
- What is working?
- What is not working?
- Dive into the topic.
- Digging deeper: Troubleshoot/ Brainstorm / Problem solve
- Identify next steps.
- Set commitment and confidence level.
- Call Takeaway.

Optional: Downgrade call based on need.



www.R3Revitalize.com

**PURCHASE
PROGRAM**

BE A VIP!

\$3,100.00



R3 REVITALIZE

BREAK FREE

YOU ARE A VIP, AND YOU ARE A PRIORITY!

One-Year Commitment

- Purchase 1-Year agreement
- Sign agreement extension
- No auto-renew available
- Offering a 7-Day grace period for a program extension to save progress.

RENEW: Digital Coaching Support

- You are a VIP! This agreement gives you dedicated access to your coach and additional perks!
- Self-Schedule one-to-one coaching sessions see page 2.
- One year of digital coaching to keep you engaged with your next steps and accountable between calls.
- 24/7 access to your Behavior Change Practitioner via a secured chat platform.
- Partner with a Biblically-based National Board-Certified Health and Wellness Coach. Certified Success Principle Trainer and Quantum Success Coach specializing in behavior change, habit development, and the power of thoughts and emotions.
- Receive access to your Customer Portal powered by Quenza.com, a secure HIPAA-compliant technology to stay connected with your coach the entire year.
- Develop yourself by exploring techniques, strategies, and tips to apply daily.
- Receive support accountability while building new habits.
- Adjusting your day-to-day routine promotes health, happiness, love, joy, and gratitude.
- Track your progress.
- **Coach will use best efforts to respond to your messages within 24 business hours.**
- **Receive monthly outreach check-in messages for additional accountability.**

www.R3Revitalize.com



PURCHASE PROGRAM

Self - Schedule Calls **BE A VIP!**

Receive monthly coach
check-in chats.

24 business
hour coach
response time

ADDITIONAL BENEFITS: RENEW PROGRAM

1: WELCOME CALL

1: GRADUATION CALL

10: ACCOUNTABILITY CALLS

3: BONUS CALLS



Welcome Call: 55 Min

- Get to know you & build rapport.
- Set expectations and boundaries.
- Work through technology questions and process.
- Digging deeper to get clarity how to support you.
- Explore personality style and learn best approach.
- Explore what "activities" would best fit next steps.
- Ask about your support network.
- Identify next steps.
- Set commitment and confidence level.
- Call Takeaway.



Graduation Call: 30-55 Min

- Celebrate wins!
- Explore reflections & insights.
- Identify next steps.
- Offer agreement extension or build game plan for life beyond R3 Revitalize.
- Explore character strengths learned.
- Explore new serving habits made.
- Explore foreseen challenges & barriers.
- Link cause and effect and build self-efficacy.
- Set commitment and confidence level.
- Ask for feedback.
- Call Takeaway.



Bonus Call: 45 Minutes:

- No set agenda - your choice.



Laser Call: 15 Minutes:

- Topic focus.
- Identify next steps.
- Set commitment and confidence level.
- Call Takeaway.



Accountability Call: 30 Minutes:

- Check in
- Gratitude
- Topic focus.
- What is working?
- What is not working?
- Identify next steps.
- Set commitment and confidence level.
- Call Takeaway.



Optional: A La Carte **\$140 Deep Dive Call: 55 Minutes:**

- Check in
- Gratitude
- What is working?
- What is not working?
- Dive into the topic.
- Digging deeper: Troubleshoot/ Brainstorm / Problem solve
- Identify next steps.
- Set commitment and confidence level.
- Call Takeaway.

Optional: Downgrade call based on need.



www.R3Revitalize.com

**PURCHASE
PROGRAM**

BE AN EXECUTIVE!

\$5,400.00



R3 REVITALIZE
BREAK FREE

YOU ARE AN EXECUTIVE, AND STAND OUT!



One-Year Commitment

- Purchase 1-Year agreement
- Sign agreement extension
- No auto-renew available
- Offering a 7-Day grace period for a program extension to save progress.



RESTORE: Digital Coaching Support

- You are an EXECUTIVE! This agreement gives you board room access to your coach and additional benefits!
- Sit in the head seat in the boardroom! Self-Schedule one-to-one coaching sessions see page 2.
- One-year of digital coaching to keep you engaged with your next steps and accountable between calls.
- 24/7 access to your Behavior Change Practitioner via a secured chat platform.
- Partner with a Biblically-based National Board-Certified Health & Wellness Coach. Certified Success Principle Trainer and Quantum Success Coach specializing in behavior change, habit development, and the power of thoughts and emotions.
- Receive access to your Customer Portal powered by: Quenza.com, a secure HIPAA-compliant technology to stay connected with your coach the entire year.
- Develop yourself by exploring techniques, strategies, and tips to apply daily.
- Receive support & accountability while building new habits.
- Adjusting your day-to-day routine promotes health, happiness, love, joy, and gratitude.
- Track your progress.
- **Coach will use best efforts to respond to your messages within 24 business hours.**
- **Receive bi-weekly outreach check-in messages for additional accountability.**



PURCHASE PROGRAM

www.R3Revitalize.com

Self-schedule calls BE AN EXECUTIVE!

Receive bi-weekly coach
check-in chats.

24 business
hour coach
response time

ADDITIONAL BENEFITS: RESTORE PROGRAM

1: WELCOME CALL

1: GRADUATION CALL

13: DEEP DIVE CALLS

5: ACCOUNTABILITY CALLS

3: BONUS CALLS



Welcome Call: 55 Min

- Get to know you & build rapport.
- Set expectations and boundaries.
- Work through technology questions and process.
- Digging deeper to get clarity how to support you.
- Explore personality style and learn best approach.
- Explore what "activities" would best fit next steps.
- Ask about your support network.
- Identify next steps.
- Set commitment and confidence level.
- Call Takeaway.



Graduation Call: 30-55 Min

- Celebrate wins!
- Explore reflections & insights.
- Identify next steps.
- Offer agreement extension or build game plan for life beyond R3 Revitalize.
- Explore character strengths learned.
- Explore new serving habits made.
- Explore foreseen challenges & barriers.
- Link cause and effect and build self-efficacy.
- Set commitment and confidence level.
- Ask for feedback.
- Call Takeaway.



Bonus Call: 45 Minutes:

- No set agenda - your choice.



Laser Call: 15 Minutes:

- Topic focus.
- Identify next steps.
- Set commitment and confidence level.
- Call Takeaway.



Accountability Call: 30 Minutes:

- Check in
- Gratitude
- Topic focus.
- What is working?
- What is not working?
- Identify next steps.
- Set commitment and confidence level.
- Call Takeaway.



Deep Dive Call: 55 Minutes:

- Check in
- Gratitude
- What is working?
- What is not working?
- Dive into the topic.
- Digging deeper: Troubleshoot/ Brainstorm / Problem solve
- Identify next steps.
- Set commitment and confidence level.
- Call Takeaway.

Optional: Downgrade call based on need.



www.R3Revitalize.com

**PURCHASE
PROGRAM**

BE A CELEBRITY!

\$10,900.00



R3 REVITALIZE
BREAK FREE

YOU ARE A CELEBRITY, AND THE RED CARPET IS ROLLED OUT FOR YOU!



One-Year Commitment

- Purchase 1-Year agreement
- Sign agreement extension
- No auto-renew available
- Offering a 7-Day grace period for a program extension to save progress.



REGROW: Digital Coaching Support

- You are a CELEBRITY! This agreement gives you penthouse treatment! Your seniority grants you additional time allowance with your coach digitally and verbally!
- As a CELEBRITY, Self-Schedule calls. Your status gets you special access to prime-time coaching sessions, see page 2.
- One-year of digital coaching to keep you engaged with your next steps and accountable between calls.
- 24/7 access to your Behavior Change Practitioner via a secured chat platform.
- Partner with a Biblically-based National Board-Certified Health & Wellness Coach. Certified Success Principle Trainer and Quantum Success Coach specializing in behavior change, habit development, and the power of thoughts and emotions.
- Receive access to your Customer Portal powered by: Quenza.com, a secure HIPAA-compliant technology to stay connected with your coach the entire year.
- Develop yourself by exploring techniques, strategies, and tips to apply daily.
- Receive support & accountability while building new habits.
- Adjusting your day-to-day routine promotes health, happiness, love, joy, and gratitude.
- Track your progress.
- **Coach will use best efforts to respond to your messages within 12 business hours.**
- **Receive weekly outreach check-in messages for additional accountability.**



PURCHASE PROGRAM

www.R3Revitalize.com

Self - Schedule Calls **BE A CELEBRITY!**

Receive weekly coach
check-in chats.

12 business
hour coach
response time

ADDITIONAL BENEFITS: REGROW PROGRAM

1: WELCOME CALL

1: GRADUATION CALL

38: DEEP DIVE CALLS

3: BONUS CALLS

Optional: Downgrade call based on need.



Welcome Call: 55 Min

- Get to know you & build rapport.
- Set expectations and boundaries.
- Work through technology questions and process.
- Digging deeper to get clarity how to support you.
- Explore personality style and learn best approach.
- Explore what "activities" would best fit next steps.
- Ask about your support network.
- Identify next steps.
- Set commitment and confidence level.
- Call Takeaway.



Graduation Call: 30-55 Min

- Celebrate wins!
- Explore reflections & insights.
- Identify next steps.
- Offer agreement extension or build game plan for life beyond R3 Revitalize.
- Explore character strengths learned.
- Explore new serving habits made.
- Explore foreseen challenges & barriers.
- Link cause and effect and build self-efficacy.
- Set commitment and confidence level.
- Ask for feedback.
- Call Takeaway.



Bonus Call: 45 Minutes:

- No set agenda - your choice.



Laser Call: 15 Minutes:

- Topic focus.
- Identify next steps.
- Set commitment and confidence level.
- Call Takeaway.



Accountability Call: 30 Minutes:

- Check in
- Gratitude
- Topic focus.
- What is working?
- What is not working?
- Identify next steps.
- Set commitment and confidence level.
- Call Takeaway.



Deep Dive Call: 55 Minutes:

- Check in
- Gratitude
- What is working?
- What is not working?
- Dive into the topic.
- Digging deeper: Troubleshoot/ Brainstorm / Problem solve
- Identify next steps.
- Set commitment and confidence level.
- Call Takeaway.

Limited Seats Available



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**PURCHASE
PROGRAM**