

CorVive has made it our goal to assist you in ach13ving health and wellness in the simplest way possible: through proper nutrition, supplementation and healthy physical and mental activity.

This fun contest has taken the barriers out of fitness so that you can see results while being rewarded along the way. The best part about it is we are all in this together, whether you want to train for a marathon or lose a few pounds each of us are here to share and champion everyone on to the finish line together.

So here's how it works.

The path from Day 1 to Day 90 may seem long, but the only way to get to Day 90 is to start with Day 1. So to help you along in your Transformation we have created some smaller goals "mini transformations" for you to Ach13ve along the way so you can stay motivated and get rewarded with some awesome CorVive branded gear.

All you have to do is register for the transformation and complete the requirements below to qualify for the 15-Day Kick Start Transformation, 30-Day Mini Transformation, and the 13-Week Ach13ve Transformation.

Completion Gift: Upon registering, we will send you a CorVive decal to stick on your car, computer or window.

Creating a Habit.

Studies have shown that it takes 30 days to create a habit that you want to incorporate into your daily routine, or subtract a habit that hasn't been good for your health or well being. You can make a massive difference to your life in as little as 5 minutes a day.

At the beginning of your 30 day Mini Transformation, we ask that you select a MIND & BODY Challenge and keep track along the way. We've provided some examples for you to get started:

MIND Challenge
<ul style="list-style-type: none">• Read 30 min a day• Write 2,000 words per day• Stop using curse words• Learn a new language• Complete an act of kindness• Paint a picture• Give up "Screen Time"• Take a picture every day• Give a compliment

BODY Challenge
<ul style="list-style-type: none">• Eliminate fast food or soft drinks• Bike to work• Keto/Whole 30 diet• Wake up an hour earlier• 30 day Ab/Plank Challenge(s)• Eat breakfast every morning• Train for a 5k, 10k or marathon• Try yoga or pilates• Cook a new recipe every night

15-Day Kick Start Transformation

What you Will Need to Get Started:

15-Day NRG Ach13ve Kit
(Chocolate or Vanilla)

OR

15-Day XLR8 Ach13ve Kit
(Chocolate or Vanilla)

OR

Transformation Pack
(chocolate, vanilla or both)

*Contains enough product for the
30 day Transformation*

Requirements:

- (1) Fill out registration form: <https://www.corvive.com/ach13ve/ach13ve-transformation/>
- (2) Share with a friend. Fitness is always more fun if you have a friend or two sharing the experience with you.
- (3) Take before (and after pics).
- (4) Join the CorVive Transformation Facebook Group.
- (5) Sign up for text alerts: Text "Transform" to 66599.
- (6) Walk for 30 minutes a day and add to it daily. Your eventual goal is 13,000 steps a day. This small change in daily activity produces amazing results.
- (7) Hydrate with 8-ounces of water, 8 times a day.
- (8) Share with 13 people on Facebook and like the CorVive page.
- (9) Submit your 15 day completion form w/progress photos.

You will be amazed at how CorVive's products help reset your health right away.

Completion Gift: After you complete the 15-Day Kick Start Transformation requirements above, just submit the completion form and we will send you a CorVive branded t-shirt, journal and pen.

Tips for Photos

- Show $\frac{3}{4}$ body or full body—to show full weight loss and transformation.
- Dress in a swimsuit, spandex shorts/pants and sports bra or similar clothing.
- Pose with the same posture in before and after photos.
- Take photos from the front, side and back
- Stand comfortably, without pushing out or sucking in your stomach.

30-Day Mini Transformation

What you Will Need to Get Started:

Transformation Pack
(chocolate, vanilla or both)

*Contains enough product for the
30 day Transformation*

AND

Flexible Tape Measure

*Can be purchased through
Amazon.com or at a local craft store
(Michaels, JoAnns, etc..)*

Requirements:

- (1) Continue with the 15-Day Kick-start activities, also incorporating the Transformation Pack.
- (2) Use the “30 Day Goal Setting & Tracking” Sheet.
 - i. Set your 30 Day Body Goal and check off daily.
 - ii. Set your 30 Day Mind Goal and check off daily.
 - iii. Keep track of your stats & measurements (see tips below)
- (3) Proper amount of rest (7-9 Hours) along with good sleep hygiene. No screens 30 minutes before bedtime, unplug, read, etc.
- (4) Laugh often. Joy is the best exercise anyone can recommend.
- (5) Add lemon juice to your morning and evening water to assist with detoxing.
- (6) Stretch. Light stretching throughout the day will do wonders for your activity level.
- (7) Practice Deep breathing 2-5 minutes daily.
- (8) Submit completion form w/progress photos.

Once you experience 30 days of CorVive you will be shouting this message of good health and happiness from the rooftop.

Completion Gift: After you complete the 30-Day Mini Transformation requirements above, you will receive a CorVive branded shaker cup and a sachet of Cor Renew & Cor Bolic Samples.

30-Day winners: You will also be included as a finalist for the over-all 30-Day winner. The over-all winner of the 30 day (monthly) mini transformation will be qualified to receive 100 in CorVive Credits and a personalized gift from Candice & Jeremy Fouts. *There will be 3 different winners chosen over the course of the 13 week transformation*

13-Week Ach13ve Transformation

Requirements:

- (1) Begin Transformation on September 13th
- (2) Maintain activity in the 15-Day/30-Day Transformations.
- (3) Share your story. You are an inspiration and everyone is waiting to hear from you. Tell us where you were at, where you are now, and where the journey of ACH13VE Transformation has taken you.
- (4) Submit final submission forms along with stories and pictures.

After staying active, positive and supplementing with CorVive products over the course of 13 weeks, you are going to see some incredible changes. These positive changes will inspire you while you inspire others.

Completion Gift: 90-Day Completion T-Shirt

90-Day winners: We will select 2 winners (male and female) of the overall 13 week ACH13VE Transformation. They will both be part of a complete transformation make-over and a trip to Dallas on February 9th for “RUSH” featuring guest speaker Jon Gordon (valued at over \$1,500). Additionally, there will be (2) Runner-up Prizes valued up to \$500.

*Terms and Conditions apply.

Tips for Measurements

