



Get Fit...

## Vitality Toolkit

is a  
streamline  
collection  
sustainable success tools  
for  
extraordinary vitality.

Vitality is essential  
for success...  
-in any area  
of  
your life.



Vitality is the capacity  
to live and develop.



Vitality is  
physical  
and  
mental vigor,  
especially when  
highly developed.

### GETTING STARTED: 1

get clear. vitality journal

### THE FUNDAMENTALS: 2

Click links ► [energy check-up](#). 7 physical needs. self-care chart

### TIME & FOOD: 3

recipes. cooking charts. smart shopping

+

when do you get your needs met?

vitality calendars (year. month. 7-day. ideal day)

### MEASURE WHAT MATTERS: 4

priority matters. daily questions & lessons

### VITALITY CHALLENGE: 5

join a team. get a coach

### ADVANCED MATERIALS: 6

get current. integrity matters

### SUPPORT: 7

### WHO BENEFITS



## The Vitality Toolkit

can assist you to  
transform

► [your “current average day” into your “ideal average day”](#)



► [Click here](#) for your Vitality Toolkit Membership  
use PayPal and get instant access!



► “Extraordinary Value” Guarantee

You can use the  
**Vitality Toolkit**  
to  
**t r a n s f o r m**  
your body, your energy, and

...your  
“**current** average day”

I  
N  
T  
O  
→

*your*  
“**ideal** average day”

↓  
**might** include  
some of the following

not enough energy  
not enough exercise  
not enough healthy food

not enough time for you

too many low quality calories  
too much stress  
anxiety

OVERWHELM

↓  
**might** include  
some of the following



abundant-vibrant-energy  
regular movement-you love  
healthy-convenient-great food

more time -- for you

delicious nutrient-dense foods  
more joy  
more gratitude

VITALITY

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