

Take the Challenge

Fruits, Vegetables, and more energy; this is what we all need more of every day of our lives. Vollara provides and easy, simple, convenient, and money saving way to get all three. Congratulations on taking the Challenge!

Re:Fuel helps you and your family get 5 – 9 servings of fruits and vegetables each and every day.

Re:Vive gives you quick, lasting energy without the associated crash of other energy drinks plus you will experience elevated mental focus and a boost to your immune system.

Additional Resource material: www.learntolivesmart.com

Includes an I Feel Great Power Point presentation, short videos on Re:Fuel and Re:Vive, and much more valuable information.

The “I Feel Great” Challenge – Live Smart & Feel Great!

Re:Fuel - Take two capsules of Re:Fuel with each meal. Re:Fuel will not only provide you with 25+ fruits and vegetables in every capsule, but it will help you digest your food, get more nutrition out of the food you eat, metabolize and burn fat, provide Probiotics for a healthy digestive system, and antioxidants to fight those destructive free radicals. If you can take 2 with every meal, just know that every time you take a Re:Fuel capsule you are always getting 25+ fruits and vegetables.

Re:Vive - Most people take Re:Vive in the morning with breakfast or with lunch or right after lunch. Expect 5 – 7 hours of increased energy and mental focus. You might use half a stick the first time then try a whole stick and see what works best for you. It tastes great in real cold water.

The I Feel Great Challenge enables you to measure your health and energy improvement on a monthly basis. With the “I Feel Great” pack you are investing in you and your family’s health for today and for the future. Please share your experience with us. Complete this form now, then again in 30 days and again in 60 days after you have taken **Re:Fuel** and **Re:Vive** as directed. In the 1-10 scale, 1 is poor and 10 is great. **(Post this on your refrigerator)**

Start Date: _____

<p>Mid-Morning Energy Level: Gage your average energy level during mid-morning hours: Before: 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 30 Days: 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 60 Days: 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10</p>	<p>Mid-Afternoon Energy Level: Gage your average energy level during mid-afternoon hours: Before: 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 30 Days: 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 60 Days: 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10</p>
<p>Quality Sleep at Night: Gage your average sleep quality at night. Are you resting well or not? Are you waking up refreshed or not? Let us know: Before: 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 30 Days: 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 60 Days: 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10</p>	<p>Memory Recall: Do you have CRS (can't remember stuff)? MANY people suffer with poor memory recall and it can be improved with proper nutrition. Can you remember to let us know? Before: 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 30 Days: 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 60 Days: 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10</p>
<p>Digestive Health: Many people take expensive medications every day because they suffer with gas, indigestion, reflux, and heart burn. How about you: Before: 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 30 Days: 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 60 Days: 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10</p>	<p>Elimination Regularity: Many people, especially women suffer with IBS (irritable bowel syndrome). How about you: Before: 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 30 Days: 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 60 Days: 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10</p>
<p>Stress Level: Our ability to cope with daily stresses is directly related to nutrition. Gage on average how you feel with regards to your stress level: Before: 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 30 Days: 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 60 Days: 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10</p>	<p>Immune System: Do you find that you are catching colds and/or suffering with ongoing illness? Gage your immune system with 1 being poor and 10 being excellent: Before: 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 30 Days: 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 60 Days: 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10</p>
<p>Joint Pain & Arthritis: Do you suffer with joint pain and arthritis? You may see a dramatic reduction because of improved nutrition. Let us know: Before: 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 30 Days: 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 60 Days: 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10</p>	<p>Healthy Hair & Nails is a sign of healthy nutrition. Gage the health of your hair and nails and notice improvements: Before: 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 30 Days: 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 60 Days: 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10</p>

Your Vollara Distributor: