



Pledge to **Transform!**

Your Journey to better health starts now.





On this date of

____, _____, _____,

I pledge to myself and the body I live in, to make healthy every day choices and to start from within.

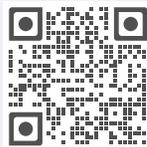
I promise to properly nurture, uplift and care for my health – to grow in strength and confidence...

Today, I take an oath to believe in me and to challenge myself with the abilities I have nourished.

One mind.
One body.
One life to live.

I, _____ commit
to me, and to win.

Pledge today



WHAT IS THE ZURVITA PLEDGE?

The Zurvita pledge is a kickstart to a lifetime commitment to you. The Transformation System works best when you can be held accountable. In this pledge, you are committing to your health and your life. It is truly an opportunity to make this the best life you can possibly live. We feel you only get one time to do this, and we want to be sure you are doing it as your best self.

Take back your health and maintain a healthy lifestyle by committing to try each day to be better than the day before. It does not matter where you are in life, weight, or age.

START TODAY, TO REACH YOUR GOALS OF TOMORROW.



START *HERE*. START *NOW*.

We can't wait to see you put your heart into this transformation and truly commit yourself to become the best version of you possible!



A NOTE FROM ZURVITA

You did it! By purchasing your Zurvita Transformation System, you took the first step to committing to yourself. The Transformation System was inspired by real people and developed by experts to give anyone, at any place in their life, the tools they need to truly transform. At Zurvita, we believe that true transformation begins in the mind. It's not about the inches or pounds. It's about showing up for yourself – it's about your personal journey to living your best life.

Along with this 30-day journal, you also have full access to the Zurvita Pledge and Transformation System community. Use the tips from this journal and lean on your new accountability partners to help encourage you to stick to your goals.

Kickoff your new journey by selecting which goals that are most important to you:

- Regain confidence
- Establish healthy habits
- Feel healthy and happy
- Achieve or maintain your optimal weight
- Reduce body fat
- Increase lean muscle mass
- Increase energy and stamina
- Maximize performance

YOUR COMMUNITY IS HERE

Work side-by-side the Zurvita Pledge community to make your pledge a success! Join us to share motivation, passions, encouragement, recipes, the latest news, self-care tips and more. Reach your goals and experience support like never before with the help of hundreds of individuals who are on a mission to change their lives, just like you.



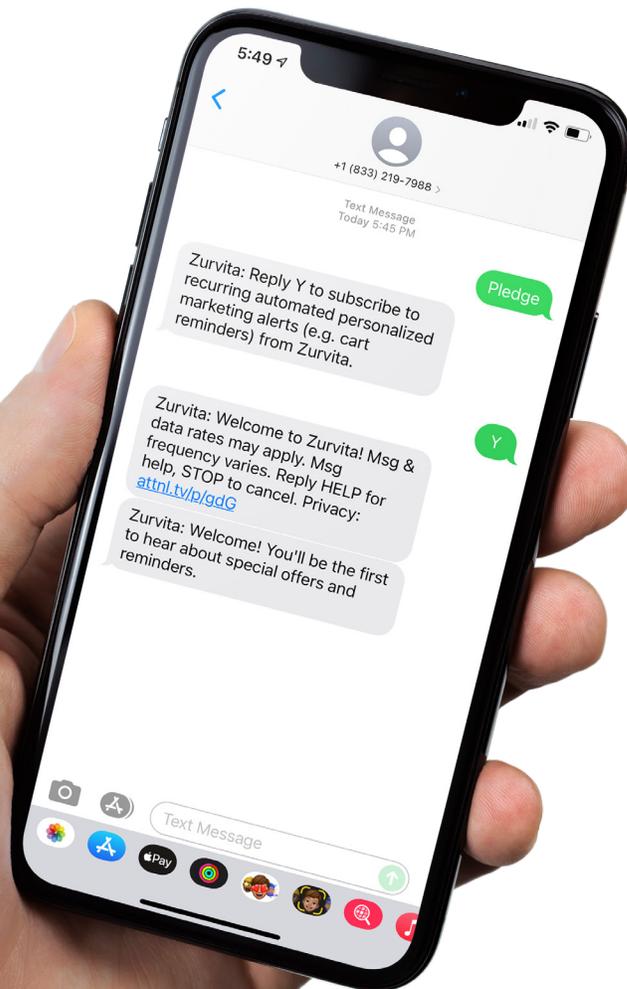
Private
Facebook
Group

Scan to discover more! #ZURVITAPLEDGE

STAY MOTIVATED AND ON TRACK

Sign up for weekly text reminders.

You'll be sent a new topic of focus from Zurvita Coach Peter Nielsen weekly as well as a reminder to join the community calls.



Text **PLEDGE** to
1-833-219-7988.

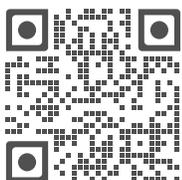


MEET YOUR ZURVITA COACH

Peter Nielsen

Health and fitness expert, life coach, author and Crohn's survivor, Peter holds over 50 bodybuilding championship titles. Named "Trainer of the Year" by Self and Muscle & Fitness magazines, he is Zurvita's No. 1 go-to fitness expert.

Peter N. Nielsen



Learn more about your
Zurvita Coach



“**Believe!** I trust that you are inspired by the goals you have set and now have a basic outline of how to accomplish them. Over 20 years ago, I ventured into a new city with nothing but the clothes on my back. Against all odds, and with two near-death experiences, I always believed I would accomplish my goals and I praise God for burning that belief in my heart. One of the greatest abilities each one of us has is to believe. If you believe, you can be successful, overcome the mistakes of your past and fulfill your God-given destiny. There is incredible power in this. Believing is greater than your circumstances, greater than your medical report, and greater than your bank account! I know you can succeed and believe that you will!”

Zurvita, Inc., and Peter N. Nielsen recommend that you consult with your physician before beginning any exercise program. When participating in any exercise program, there is a possibility of physical injury. If you engage in this exercise or exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to forever release, discharge and hold harmless Zurvita, Inc. and Peter N. Nielsen from any and all claims or causes of action, known or unknown, arising out of your voluntary participation.

PREP YOUR PRODUCTS

The Zurvita Transformation System includes products that work synergistically that, when combined with a healthy diet and exercise, can help you achieve your goals. Say hello to your new tools to success:

NUTRITION



Discover Zurvita Nutrition

ZEAL FOR LIFE

The foundation of the Zurvita Transformation System with over 55 whole food nutrients, vitamins and minerals. Zeal's balanced nutrition is clinically shown to be a foundational support for real focus, pure energy and overall health. Visit Zurvita.com for the clinical trial results.

ZEAL+

A super-energizing blend of Zeal for Life that has the same nutritious benefits from its powerful superfoods, vitamins, and minerals – now with an extra blast of delicious clean energy.

ZURVITA PROTEIN

An all-natural whey protein isolate, whey protein concentrate and pea protein blend with rice bran that has 26 essential vitamins and minerals including Vitamin A, C, D, E, B1, B2, B3, B6, B12, Biotin, Folate, and more to keep you energized, satisfied and feeling fulfilled while supporting your weight management.

SUPPLEMENTS



Discover Zurvita Supplements

ZURVITA BURN

Designed to specifically support the body by optimizing your metabolism, Burn contains energy-boosting ingredients that support healthy blood glucose levels and help aid in overall health and wellness.

ZURVITA CLEANSE

Renew, reset, and restore your total body functions with a supplement that helps the body's natural mechanisms for elimination to support your overall gut health.

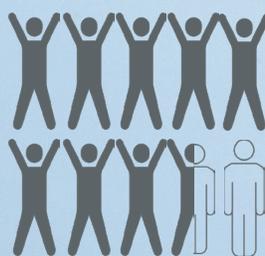
ZURVITA AMINO ACIDS

Helps to burn more fat, increase endurance, reduce mental fatigue, promote lean body mass, assist in muscle tone memory, provide natural muscle protection, deliver natural muscle repair, prevent muscle soreness, and aid in faster recovery.





Clinical study results* show that, by drinking two servings of Zeal a day,



85% of healthy participants experienced a variety of positive results... including a 23% increase in vigor and energy!

Here's the Zeal difference...



Results from a landmark clinical study conducted by independent third-party research firm KGK Synergize confirmed that the positive benefits of drinking Zeal every day include, but are not limited to: significantly improved overall mood and significantly reduced anger and hostility, along with greater vigor and vitality, less anxiety and less fatigue.

START THE SYSTEM

How To Take For Best Results

Step 1. Take two Zurvita Cleanse, 15-30 minutes before breakfast or bedtime with 12 oz. of water, to flush toxins.

Step 2. Take Zurvita Protein daily, as a mid-morning snack or within one hour of finishing your workout, to help aid in muscle recovery.

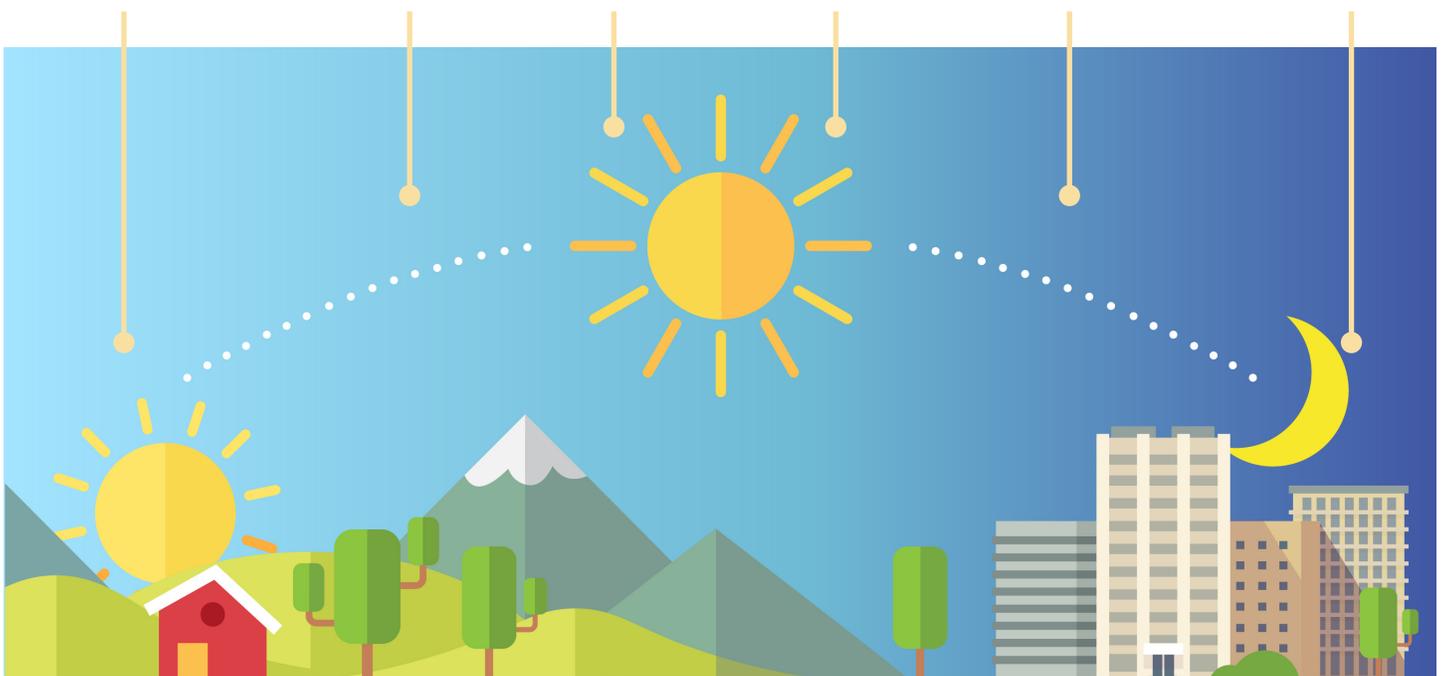
Step 3. Take two Zeal or two Zeal+ a day, in the morning, afternoon, or before a workout, for a boost of focus, energy, and health.

Step 4. Take two Zurvita Burn a day, 15-30 minutes before mid-morning/lunch with 10-12 oz. of water, to accelerate your metabolism.

Step 5. Take three Zurvita Amino Acids daily with water, preferably 30 minutes before or after any workout and/or before bedtime to provide supplemental amino acids needed in your daily diet.



2 Cleanse + Water Zeal or Zeal+ Protein 2 Burn + Water Zeal or Zeal+ 3 Amino Acids





FOLLOW A SCHEDULE

One of the secrets to managing your weight is to eat six small meals a day in order to keep your metabolism running. Paired with Zurvita products that fit your nutrition and fitness goals, below is a suggested schedule to follow.

MORNING

ACCELERATE METABOLISM: Take two Zurvita Cleanse with a 12-ounce glass of water. For maximum effect, take 15-30 minutes before you eat.

NOURISH: Drink one serving of Zeal.

BREAKFAST

EAT: Choose a healthy option from your meal plan.

MID-MORNING

SNACK

EAT: Choose a healthy option from your meal plan. Take one Zurvita Protein or have some fruit.

LUNCH

EAT: Choose a healthy option from your meal plan. Take two Zurvita Burn with a 12 ounce glass of water. For maximum effect take 15-30 minutes before lunch.

INCREASE YOUR HYDRATION: Continue to drink half your ideal body weight in ounces of water throughout the day.

SNACK

EAT: Choose a healthy option from your meal plan and take one Zeal or Zeal+ for a boost of focus and energy.

EVENING

DINNER

EAT: Choose a healthy option from your meal plan.

Take three Zurvita Amino Acids daily with water, preferably 30 minutes before or after any workout and/or before bedtime

CUSTOMIZE YOUR MEAL PLAN

Food is the main ingredient to balancing your health and happiness. Fresh fruits and vegetables can spark your taste buds to explore even healthier options and to stick to your goals. Our job isn't to tell you what you can or can't eat. Anything can be consumed but in moderation. Use these tips, meals, and dietary options as a guide to creating your own meal plan.

EXAMPLE MEAL PLANS

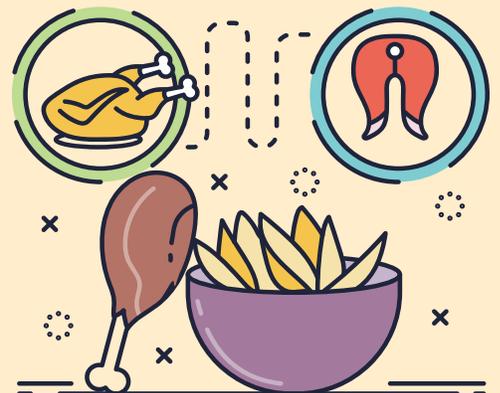
Omnivore: Includes low-fat dairy, meat, fish, eggs, beans, nuts, seeds, and plenty of fruits and vegetables.

Breakfast: Zurvita Protein & Berry Smoothie

Lunch: Chicken Taco Salad

Dinner: Zoodles with Turkey Meat Sauce

Snacks: Yogurt Parfait, Mixed Nuts, Zurvita Protein Shake



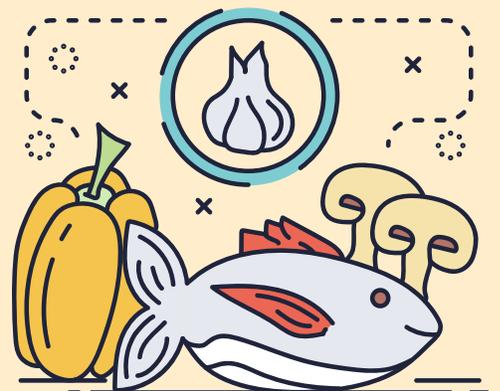
Pescatarian: Includes dairy, fish, eggs, beans, nuts, seeds, and plenty of fruits and vegetables.

Breakfast: Berry Chia Pudding

Lunch: Tuna Salad Lettuce Wraps

Dinner: Almond-Crusted Tilapia with Cauliflower Mash

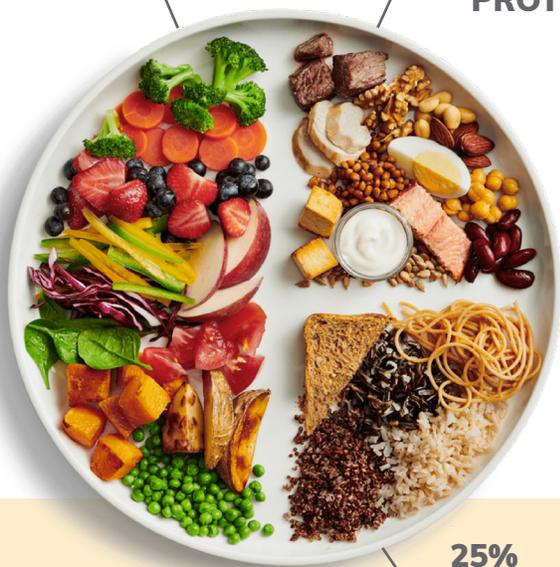
Snacks: Veggies with Hummus, Mixed Nuts, Zurvita Protein Shake





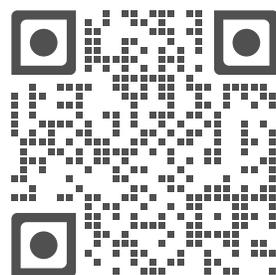
45%
COMPLEX
CARBS

30%
PROTEIN



25%
GOOD
FATS

MACRONUTRIENTS



SCAN TO CALCULATE
YOUR MACROS

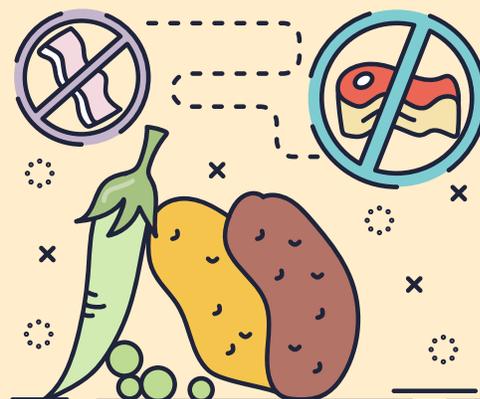
Vegetarian: Includes dairy, tofu, tempeh, eggs, beans, nuts, seeds, and plenty of fruits and vegetables.

Breakfast: Egg & Veggie Scramble

Lunch: Veggie Taco Salad

Dinner: Veggie Chili

Snacks: Veggies with Hummus, Mixed Nuts, Zurvita Protein Shake



Vegan: Includes non-dairy, tofu, tempeh, beans, nuts, seeds, and plenty of fruits and vegetables.

Breakfast: Banana Oatmeal Pancakes

Lunch: Veggie Burrito Bowl

Dinner: Stuffed Pepper Skillet

Snacks: Veggies with Hummus, Mixed Nuts, Berry Chia Pudding



DRINK WATER

Water is crucial to every function in the body: temperature regulation, circulation, metabolism, immune system, and waste elimination. Dehydration can affect performance and drastically slow down weight loss. Try to drink one-half of your ideal body weight in ounces of water daily and drink at least four ounces of water every fifteen minutes of exercise.

Water suppresses the appetite naturally and helps your body metabolize stored fats. An overweight person needs more water than a person at their ideal/healthy weight.

My recommended daily intake of water is _____ ounces (one-half of my ideal body weight).

“ Try to drink at least 1/2 of your ideal body weight in fluid ounces of water daily. Also, eliminate any starchy carbs (bread, pasta, rice, corn, potatoes, etc.) after 4 p.m. and space meals approximately 2.5 – 3.5 hours apart so that your body has time to digest between each meal. ”

ZURVITA COACH TIP:



Pro Tip: Add H2O to your daily intake for an added hydrating alternative! Drink 3 to 4 ounces of water every 15 to 20 minutes during exercise.





MY DAILY ZEAL AND WATER GOALS

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

DAY 8

DAY 9

DAY 10

DAY 11

DAY 12

DAY 13

DAY 14

DAY 15

NOTES

DAY 16

DAY 17

DAY 18

DAY 19

DAY 20

DAY 21

DAY 22

DAY 23

DAY 24

DAY 25

DAY 26

DAY 27

DAY 28

DAY 29

DAY 30

MONTH'S WATER GOALS

GET ACTIVE

While food and nutrition are paramount in achieving an ideal body composition, exercise is every bit as important in helping you reach and maintain your goals. Try to do strength training at least three times a week and cardio five consecutive days with each session lasting 45 to 60 minutes and if you can't do that, go for a walk!

TRANSFORMATION RESULTS



“My pants were looser around my waist, and I had a ton more energy! I lost 22 inches and 28 pounds in 90 days. I feel and look younger than ever thanks to the Zurvita Transformation System!”

-Alex Stamakinley

Favorite Products:
Wild Berry Zeal mixed with
Vanilla Creme Protein



“Personalized fitness and nutrition advice from Peter Nielsen was fantastic. This was so much more than a diet. I also met some wonderful people on the journey. Very happy with the results.”

-Scottie Johnson

Favorite Products: Transformation
System and Bold Grape Zeal

Zurvita products are used in conjunction with a healthy diet, exercise, and other lifestyle changes. People who use the Zurvita Transformation System can generally expect to lose around 1 pound per week. The testimonials and examples used are not typical. They do not intend to represent or guarantee anyone will achieve the same or similar results. Individual results will vary based on factors such as level of commitment and effort.



TRACK YOUR PROGRESS

It's important to track your progress. The number on the scale doesn't tell your whole transformation story. In addition to keeping track of your weight, we also suggest measuring different parts of your body and taking before and after photos, so you can see the progress you're making. Use your Zurvita Measuring Tape to get started!

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	END RESULTS
WEIGHT					
NECK					
CHEST					
WAIST					
HIPS					
LEFT UPPER ARM					
RIGHT UPPER ARM					
LEFT UPPER THIGH					
RIGHT UPPER THIGH					
LEFT CALF					
RIGHT CALF					

HOW I FEEL - WEEK 1



HOW I FEEL - WEEK 2



HOW I FEEL - WEEK 3



HOW I FEEL - WEEK 4



Mental health is just as important as physical. Take note of how you feel now and when you complete your four weeks. Our guess is you'll be feeling your best.

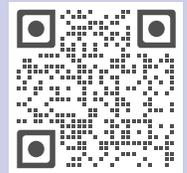
KEEP IT GOING WITH SMART SUBSCRIBE



Don't let running out of product stop you from your progress! Order your next 30-day supply and use the valuable accomplishments you made in this journal to encourage you to keep going. **Zurvita's Smart Subscribe** is a simple solution to easy planned savings. When you save time, you save money.

BECOME A PREFERRED CUSTOMER OR CONSULTANT

Generate income, be a part of a community, or leave a legacy for your family. Zurvita will pave the way to help you reach your goals.



Learn more about Smart Subscribe



FREQUENTLY ASKED QUESTIONS

WHAT IS ZEAL FOR LIFE?

Zeal is a nutritional blend of whole food concentrates in a drink providing a source of nutrients, antioxidants, and vitamins that enrich and restore your body.

WHAT CAN I EXPECT DURING MY FIRST WEEK ON THE PRODUCT?

Your situation and dietary needs may vary, and each person's body works differently, because of this, we know that Zeal and Zurvita Protein benefit different people in different ways. We do suggest you consult with your physician in order to meet your specific transformation goals.

WHAT IS STABILIZED RICE BRAN?

Stabilized rice bran is Zeal's most unique ingredient. It nourishes and stabilizes the cells of our bodies and contains essential vitamins, minerals, amino acids, fiber, and antioxidants.

HOW OFTEN CAN I RAPID CLEANSE?

It's recommended to consult your physician before making any health or dietary decisions. We suggest a rapid cleanse not happen more than once a month.

WHEN IS IT BEST TO TAKE PROTEIN?

The best time to take protein is within one hour of finishing your workout to help aid in muscle recovery.

DO I HAVE TO EXERCISE WHEN I TAKE PROTEIN?

If you don't work out, your muscles aren't likely to be challenged enough to need that extra protein. Protein contains calories, the same as carbohydrates, and eating too many calories lead to weight gain.

CAN ZURVITA PROTEIN BE A MEAL REPLACEMENT?

Currently, there is no FDA definition of a meal replacement but products claiming this title have between 200-250 calories. Zurvita Protein is 180 calories. We recommend taking Zurvita Protein with Zeal or in a smoothie to get the equivalent of a small meal or snack.

WHY DO I NEED TO TAKE AMINO ACIDS?

Amino acids are the building blocks of protein, and in turn, protein is an important building block of every cell in the human body including your bones, muscles, cartilage, skin and blood. Along with fat and carbohydrates, protein is a "macronutrient", meaning that the body needs a significant amount of it. The basic structure of protein is a chain of amino acids. So, in essence, amino acids are the building blocks of life.