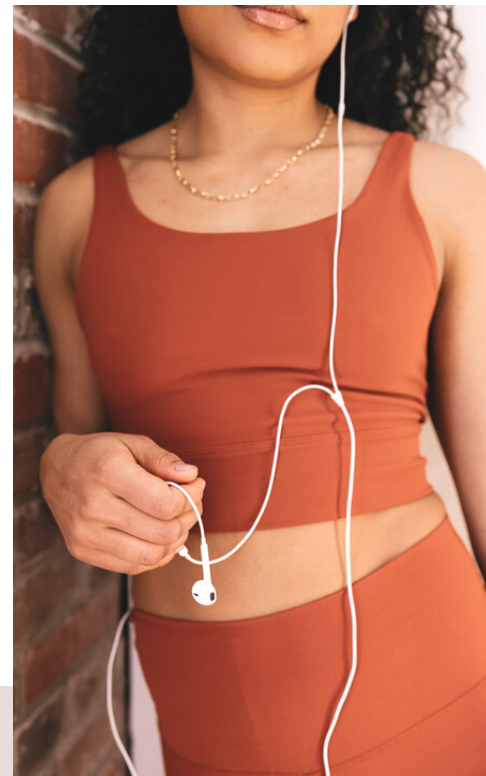


# BRAVENLY

# *breakthrough*

# PROGRAM



**30 DAY BREAKTHROUGH**  
#30DAYBLAST #MY30DAYS



# TABLE OF CONTENTS

NOTE FROM THE CEO.....	1
ABOUT THE PROGRAM.....	2
PICK YOUR BREAKTHROUGH.....	3
PICK YOUR BUNDLE.....	5
DECLARE YOUR WHY.....	6
5 DAILY KEYS.....	7
KEY ONE: FOOD.....	9
KEY TWO: PRODUCTS.....	13
KEY THREE: MOVE.....	16
KEY FOUR: HYDRATE.....	18
KEY FIVE: MINDSET.....	20
TRACK YOUR SUCCESS.....	23
GET SOCIAL.....	24
CERTIFICATION OF COMPLETION.....	25
FAQ'S.....	26
REFERENCES.....	27



# FROM THE CEO



I am so excited that you are finally saying YES to yourself. Why? Because I know first-hand the courage it takes to try something new.

Don't think for one second that I'm not cheering you on in your journey to becoming the best version of yourself. And guess what? I'm on this journey with you. There are days where I don't feel like doing it anymore, or just plainly don't have the energy, but we're going to keep pushing. Because I know the reward is far greater than the sacrifice.

You deserve to feel good from the inside out. You are allowed to want more for yourself. I believe in you.

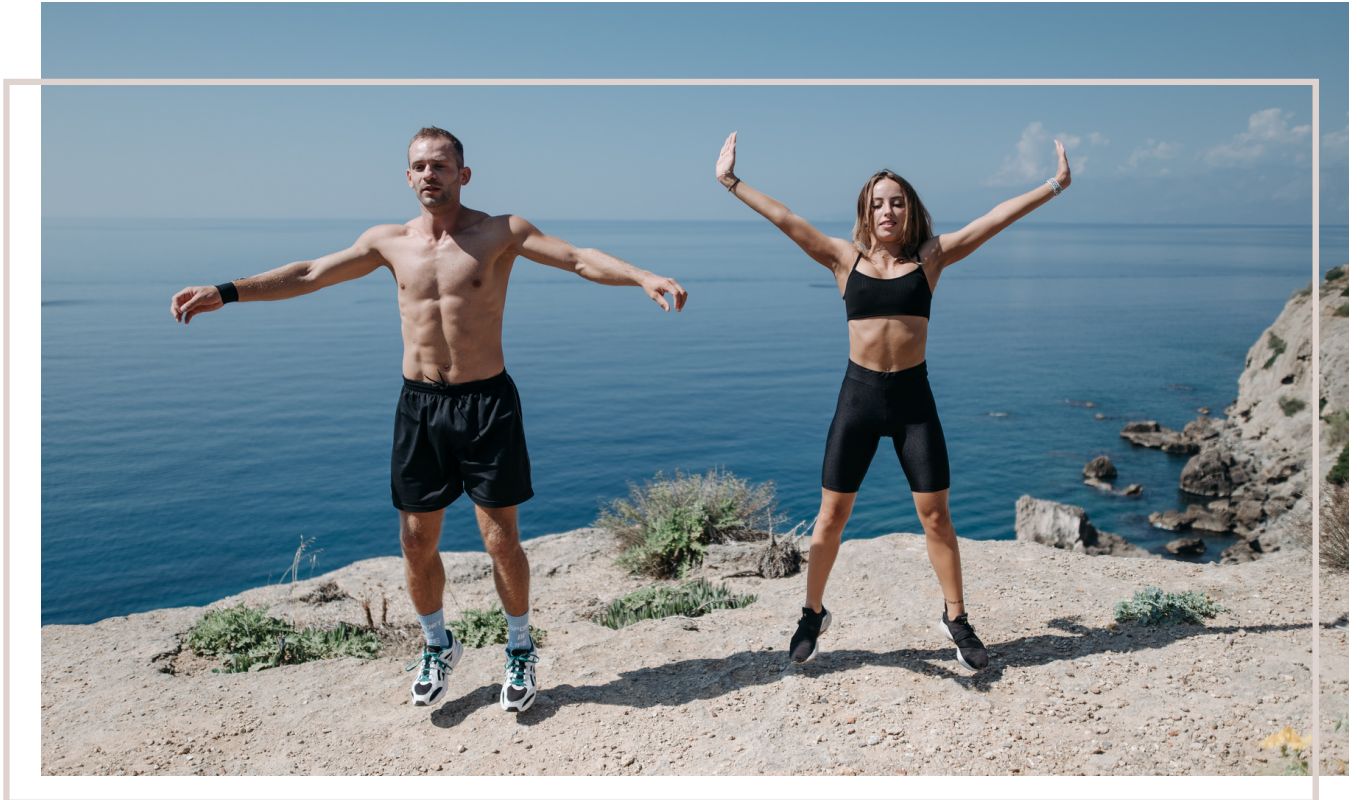
*- Aspen Emory, CEO*

# ABOUT THE 30-DAY

# BREAKTHROUGH PROGRAM

A program that supports you in your journey to a healthier lifestyle.

Gives you a realistic approach to healthy eating by fueling your body with natural energy. Enhances weight management by taking our products, creating the best version of you from the inside out.



“I used to eat like I was never going to see food again, and then I realized I don’t need food to feel joy. I finally learned to be intentional about how, what, and when I put food into my body.” - Aspen Emry, CEO

## WHAT IS THE BRAVENLY BREAKTHROUGH PROGRAM?

Our program focuses on helping you recognize and heal your relationship with food while setting you up to develop healthier habits.

Gone are the days of beating yourself up about failing diet after diet, not feeling equipped to handle another “program,” struggling to get your bad habits under control. It’s time for a BREAKTHROUGH.

# PICK YOUR BREAKTHROUGH



What if there was a way to really start living out the best version of yourself? What would that take? Think of your breakthrough as your pathway to freedom. Every time you start this program, you get to choose your personal journey. Start here.

WEIGHT  
&  
MANAGEMENT

DETOX  
&  
GUT RESET

*example breakthroughs*

ENERGY  
&  
STRESS  
SUPPORT

TOTAL  
BODY  
BALANCE

# PICK YOUR BREAKTHROUGH

*This breakthrough is for you if...*

...you're wanting to lose, maintain or gain weight. Maybe you're tired of carrying those extra lbs or just wanting to keep it off.

...you're wanting to detox your body or reset your gut. Maybe you're feeling tired, sluggish, and/or bloated.



WEIGHT  
MANAGEMENT



DETOX  
&  
GUT RESET

*which breakthrough is right for you*



ENERGY  
&  
STRESS  
SUPPORT



TOTAL  
BODY  
BALANCE

...you're needing an energy boost or help managing your stress. Maybe you're feeling tired, can't focus and letting life get to you.

...you're wanting to focus on bringing balance & synergy to your body. Maybe you're not feeling your best and you want to live your best life and just FEEL good!

**Each month, you can pick your Breakthrough that you're wanting to focus on for the next 30 days that align with your goals.**

# PICK YOUR BUNDLE

Let the collaborative power of our products work together for you to help support you with your breakthrough goals. For the Bravenly Body Blast Challenge, we have selected 4 Featured bundles that will help support you on your transformation.

## The featured four bundles of the challenge

### ACCELERATE TRIO: GOLD, IGNITE, & RUSH OR BREW EXTREME



This bundle is for you if you're looking for.....mood support & appetite control plus an extra boost of energy throughout the day and something slightly sweet, to combat belly fat & curb cravings.

Retail Customer Price: \$205  
Ambassador Price: \$184.50 + \$20.50 in Product Credit  
Brand Partner Price: \$164

#### GO EXTREME

Retail Customer Price: \$215  
Ambassador Price: \$193 + \$21.50 in Product Credit  
Brand Partner Price: \$172

### TRIPLE THREAT: GOLD, BURN, & RUSH OR BREW EXTREME



This bundle is for you if you're looking for.....mood support, appetite control, blood sugar support, and a boost of energy.

Retail Customer Price: \$176  
Ambassador Price: \$158.4 + \$17.60 in Product Credit  
Brand Partner Price: \$140.80

#### GO EXTREME

Retail Customer Price: \$190  
Ambassador Price: \$171 + \$19 in Product Credit  
Brand Partner Price: \$152

### THE FAB FIVE BUNDLE: BALANCE, GOLD, IGNITE, BURN & RUSH OR BREW EXTREME



This bundle is for you if you're looking for.....appetite control, sustained all day energy, target belly fat and cravings, blood sugar support with a metabolism boost, and a total body detox with alkalizing blends of fruits and veggies.

Retail Customer Price: \$345  
Ambassador Price: \$310 + \$34.50 in Product Credit  
Brand Partner Price: \$276

#### GO EXTREME

Retail Customer Price: \$347  
Ambassador Price: \$312.59 + \$34.70 in Product Credit  
Brand Partner Price: \$278

### THE ESSENTIALS BUNDLE: BALANCE, GOLD, AND IGNITE



This bundle is for you if you're looking for.....appetite control and energy, want to target belly fat and curb cravings, plus total body detox and metabolism support.

Retail Customer Price: \$225  
Ambassador Price: \$202.50 + \$23 in Product Credit  
Brand Partner Price: \$180

# PICK YOUR BUNDLE

Here are a few other options of bundles that will help support your specific goals.

*pick the bundle best for your breakthrough*

## WEIGHT MANAGEMENT

### ACCELERATE DUO



### ACCELERATE TRIO



### THE FAB 5



### DOUBLE THREAT



### TRIPLE THREAT



### SYNERGY TRIO



## DETOX & GUT RESET

### BODY BALANCE



### GUT & MOOD



### ESSENTIALS



## ENERGY & STRESS SUPPORT

### ACCELERATE DUO



### ACCELERATE TRIO



### MIND & BODY



## TOTAL BODY BALANCE

### BODY BALANCE



### THE FAB 5



### SYNERGY TRIO





## DECLARE YOUR WHY

*Why did you choose that breakthrough?*

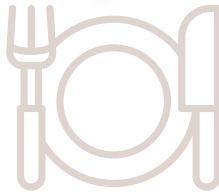
## DETERMINE YOUR GOALS

*What do you want to accomplish with your breakthrough?*

# 5 DAILY KEYS



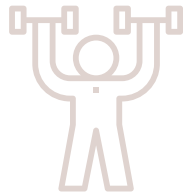
## 5 DAILY KEYS TO *unlock your breakthrough*



FOOD: COMMIT TO A FOOD PLAN



PRODUCTS: TAKE YOUR BRAVENLY PRODUCTS



MOVE YOUR BODY: DO 20 MINS OF  
PHYSICAL ACTIVITY



HYDRATE: DRINK HALF YOUR BODY WEIGHT IN  
OUNCES OF WATER



MINDSET: COMPLETE 15 MINS OF SELF  
DEVELOPMENT

# 5 DAILY KEYS

unlock your breakthrough

## key one: COMMIT TO A FOOD PLAN

Whatever route you decide to go with your nutrition, make sure you stick with it for the full 30 days. Whether you choose, Keto, Whole30, Intermittent Fasting, or something else, - practice listening to what your body needs, while practicing dedication to the plan that will fuel your body for these 30 days.

## key two: TAKE YOUR PRODUCTS

Take your Bravenly products. Though the program doesn't require you to be on the products, we believe that these results-driven, premium wellness products will not only compliment your 30-day program but will significantly improve your Breakthrough results.

## key three: MOVE YOUR BODY

Do 20 minutes of physical activity. No matter the level of activity, our challenge to you is to get your heart rate above a resting level for at least 20 minutes a day. This could include something as simple as walking up and down the stairs, or around the block, or as strenuous as weightlifting. YOU choose what works best for you.

## key four: DRINK WATER

Drink half your body weight in oz of water every day. Simple as that. Switch it up between, tea, sparkling water, and Balance or go for regular tap water. Whatever you choose, make sure it has a water BASE and make sure you're drinking the correct amount!

## key five: PRACTICE A MINDSET HABIT

Complete 15 minutes of self-development. A podcast while you're getting ready, a book on your lunch break, and a list of things you're grateful for before bed. Fit 15 minutes of self-development activity into your daily routine!



## *commit to a food plan*

Your food plan is important to determine, in order to create a sense of structure during your Breakthrough Program. Your food path can be unique to you and does not have to fit into one of the four paths provided. We get it; Food Plans can seem daunting but we will make sure you're fully educated on how it works. The benefits it can provide makes it not just tolerable, but actually enjoyable!

There isn't always a one size fits all solution; however, we want you to feel the freedom in just trying it out!

"I found what worked best for me is longer fasting and short eating windows. I've tried a dozen different diet plans over the years for various different reasons and I've never found anything as flexible, sustainable, and forgiving as intermittent fasting."  
-Aspen Emry, CEO

## SAMPLE FOOD PLANS

### KETO

The Ketogenic (Keto) plan is a high-fat, adequate-protein, low-carbohydrate diet that in medicine is used primarily to treat epilepsy in children. The diet forces the body to burn fat rather than carbohydrates.

### WHOLE30

The Whole30 plan is a 30-day fad diet that emphasizes whole foods and during which participants eliminate sugar, alcohol, grains, legumes, soy, and dairy from their diets.

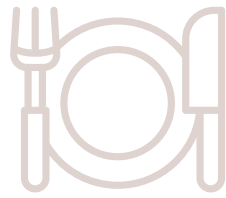
### VEGAN, VEGETARIAN, GLUTEN FREE +

A vegan, vegetarian, gluten free, dairy free, or any other type of diet that you are interested in pursuing can be accomplished by doing research and making sure the foods you are putting in your body are right for you!

### INTERMITTENT FASTING

Intermittent fasting is a cycle between a period of fasting and non-fasting during a defined period. This includes periodic multi-day fasts to skipping a meal or two on certain days of the week. The theory is that this type of diet will help decrease appetite by slowing the body's metabolism.

# KEY ONE: FOOD



## LEARN ABOUT INTERMITTENT FASTING

Chances are you've already done intermittent fasting at some point and haven't even known about it. If you've eaten dinner, rested overnight, and enjoyed breakfast the next morning, you did a 12:12. If you didn't have time to grab breakfast but ate an early lunch, you did a 14:10.

The 4 food paths provided are some of the most popular structures to follow. Choose something that works for you and your lifestyle and try sticking to it.

Intermittent Fasting reduces insulin levels, which in turn will release fat stored for energy. Moreover, when going from fasting to eating your body is able to use nutrition to be able to regenerate healthy cells.

### *fasting options*



## 12:12

Give your body a rest for 12 hours a day, and eat 12 hours during the day.

An example would be eating breakfast at 8 am and finishing your dinner by 8 pm.



## 16:8

This is one of the most popular strategies for losing and maintaining weight.

You may open your window at 11 am for a snack and close your eating window around dinner time.



## 14:10

Similar to 12:12, you may choose to have your fasting window happen while you sleep.

That may mean eating a late breakfast at 10 am and closing your eating window at 8 pm.



## 20:4

This option would be great for someone who is looking to lose weight more quickly.

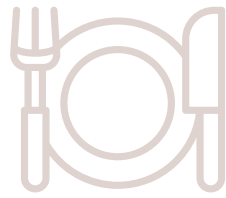
You may open your eating window for 4 hours during the day and eat at your discretion.

## BENEFITS OF FASTING

- + Improves Insulin Sensitivity
- + Changes Functions
- + Supports Healthy Digestion
- + Improves Relationship with Food
- + Beneficial for Heart Health
- + Helps Maintain Energy

- + Helps Preserve Muscle Mass
- + Improves Memory & Mental Clarity
- + Promoting Weight loss
- + Improves Brain Health & Function
- + May help support a healthy metabolism

# KEY ONE: FOOD



## FOOD OPTIONS



Let's get real about FOOD. For a lot of us, food is often a source of tension, shame, or guilt. The foods we eat, how often we eat them, and how much we eat, usually holds more brain space than most other things.

Let's work towards acknowledging hunger cues, training your mind to thoughtfully evaluate how you're feeling, and healing your relationship with food.

## INGREDIENTS TO HELP WITH

### HAIR, SKIN, & NAIL HEALTH

- pomegranates
- carrots
- oranges
- red bell peppers
- almonds or almond butter
- salmon
- spinach
- asparagus

### GUT DETOX

- artichokes
- avocado
- beets
- broccoli
- collard greens
- dill
- lemon

### METABOLISM

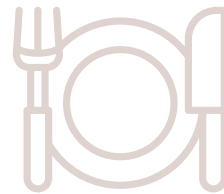
- chili peppers
- legumes
- ginger
- apple cider vinegar
- eggs
- whole grains

### WEIGHT GAIN

- rice
- red meats
- oats
- dried fruit
- nut butters
- whole grain bread

### WEIGHT LOSS

- eggs
- leafy greens
- salmon or tuna
- chicken
- cruciferous veggies
- boiled potatoes
- legumes
- cottage cheese
- berries
- avocado
- nuts
- grapefruit



### *snacking facts*

Bring snacks with you to work or school so you're ready when temptation strikes. Nutrient-rich, low glycemic snacks include fruit and nuts (a small handful), yogurt, a medium-sized fruit, a homemade smoothie made with milk or soy milk and frozen berries, whole-grain crackers, raw vegetables, and hummus. These snacks have a low glycemic index (GI).

Low GI foods are digested slowly, leading to a gradual rise in blood sugar, helping you feel energetic and satisfied longer.

### *how to handle cravings*

Cravings are intense or uncontrollable desires for specific foods and a lot of the time they are often fried foods or processed junk that is high in sugar and saturated fats. Here are a couple of tips to help fight off your cravings that seem too strong to resist:

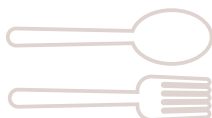
#### BRAVENLY'S IDEAS FOR MANAGING CRAVINGS



1. Drink plenty of water - Sometimes thirst is commonly confused with hunger or food cravings. Drinking a cup of water and waiting can reduce cravings/appetite, as well as help with weight loss.



2. Get at least 8 hours of sleep - Sleep deprivation can be disrupting with the fluctuations, and may lead to poor appetite regulation and strong cravings.



3. Include more protein in your meals - this will help with keeping you satisfied longer and help with cravings.



4. Don't Restrict, Replace - what's your immediate reaction when you completely remove something from your diet? Maybe it's something like panic? We have been there before. The answer to this is finding healthier alternatives for your favorite junk food!

# KEY TWO: PRODUCTS

## BRAVENLY PRODUCTS



At this point you have chosen a breakthrough and a bundle but let's get to know the products in the bundles, how to use them and the benefits you'll see when you consistently take them during your 30 days to breakthrough and beyond.

*the bundles that lead to breakthrough*

BUNDLE NAME	PRODUCTS INCLUDED	BREAKTHROUGH CATEGORY
DOUBLE THREAT	<ul style="list-style-type: none"> <li>• 1 Flavor of Rush, Rush Extreme, or Brew Extreme</li> <li>• Burn</li> </ul>	Weight Management
TRIPLE THREAT	<ul style="list-style-type: none"> <li>• 1 Flavor of Rush, Rush Extreme, or Brew Extreme</li> <li>• Burn</li> <li>• Gold</li> </ul>	Weight Management
ACCELERATE DUO	<ul style="list-style-type: none"> <li>• 1 Flavor of Rush</li> <li>• Ignite</li> </ul>	Weight Management Energy & Stress Support
ACCELERATE TRIO	<ul style="list-style-type: none"> <li>• 1 Flavor of Rush, Rush Extreme, or Brew Extreme</li> <li>• Ignite</li> <li>• Gold</li> </ul>	Weight Management Detox & Gut Reset Energy & Stress Support
MIND & BODY BUNDLE	<ul style="list-style-type: none"> <li>• Burn</li> <li>• Drive</li> <li>• Calm</li> </ul>	Energy & Stress Support



# KEY TWO: PRODUCTS

## BRAVENLY PRODUCTS



*more bundles that lead to breakthrough*

### BUNDLE NAME

### PRODUCTS INCLUDED

### BREAKTHROUGH CATEGORY

#### BODY BALANCE BUNDLE



- Balance
- Gold
- Burn

Detox & Gut Reset  
Total Body Balance

#### ESSENTIALS BUNDLE



- Balance
- Gold
- Ignite

Detox & Gut Reset  
Total Body Balance

#### SYNERGY TRIO BUNDLE



- 1 Flavor of Rush, Rush Extreme, or Brew Extreme
- Balance
- Gold

Detox & Gut Reset  
Total Body Balance

#### FAB FIVE BUNDLE



- 1 Flavor of Rush, Rush Extreme, or Brew Extreme
- Balance
- Gold
- Burn & Ignite

Weight Management  
Energy & Stress Support  
Detox & Gut Reset  
Total Body Balance

#### GUT & MOOD BUNDLE



- 1 Flavor of Rush, Rush Extreme, or Brew Extreme
- Balance
- Gold

Mood Support  
Gut Reset  
Total Body Balance

# KEY TWO: PRODUCTS

## BRAVENLY PRODUCTS

### *sunshine you can taste...* BRAVENLY GOLD

Bravenly GOLD was intentionally designed to crush your hunger cravings, boost fat loss, and support healthy defensive immunity.\* There's a whole latte love about this powerhouse powder that comes in on-the-go packets.

#### *how to use:*

Drink daily either warm or cold. Mix in water, choice or milk, coffee or add to tea. Throw a scoop in anything that you're baking.



### *coffee with a boost...*

## BRAVENLY BREW EXTREME

Bravenly Brew Extreme is a delicious premium instant coffee packed full of organic mushrooms with brain-boosting nootropics, formulated to give you sharper focus and energy that lasts.

#### *how to use:*

Add this instant coffee to water or add a scoop to your normal, everyday coffee, or even add to a protein shake. Enjoy warm or over ice. Most only need 1 cup per day, but you may have as many cups as desired.



### *9-in-1 complete health experience...* BRAVENLY BALANCE

You won't find a more comprehensive and supportive supplement. This beverage is formulated with over 50 carefully selected ingredients that make up 9 powerful blends for high potency and bioavailability.

#### *how to use:*

Drink daily and add 1 scoop to desired amount of water or juice. Mix 1 scoop into a protein shake, smoothie, or add to fruit to make a bowl.



### *advanced energy + vitamins & nootropics...* BRAVENLY RUSH

An advanced energy drink with vitamins and brain-boosting nootropics to help increase concentration and focus. Feel the RUSH of sustainable energy that tastes delicious. With 20+ vitamins and minerals, each packet provides yummy brain power, so you feel the RUSH. In 2 flavors, Tropical Strawberry or Blue Raspberry, each only 15 calories per serving in an easy on-the-go stick or bulk powder scoop..

#### *how to use:*

Mix 1 serving into 8-10 oz of water or beverage of choice then shake or stir.



# KEY TWO: PRODUCTS

## BRAVENLY PRODUCTS

*feel the extreme rush*

### BRAVENLY RUSH EXTREME



A supercharged version of a Bravenly classic! This advanced energy drink contains 20+ vitamins and brain-boosting nootropics to help increase concentration and focus. With 135mg of caffeine per serving you will feel the EXTREME RUSH of sustainable energy that tastes delicious! This product comes in 2 different flavors, Piña Colada or Grape!

*how to use:*

Mix 1 serving into 8-10 oz of water or beverage of choice then shake or stir.

*sleepy hot cocoa.*

### BRAVENLY DRIFT

DRIFT promotes not only relaxation in the evening but helps you get that restorative & renewing sleep you deserve. With a guilt-free yummy hot cocoa treat in your cup, it curbs that nighttime indulgence that keeps you feeling full. You'll wake up feeling refreshed and ready for the day.



*how to use:*

30 minutes before bed, mix 1-2 scoops in 8-10oz of hot water or milk.

*soothing topical cream*

### BRAVENLY RELIEF



Get fast-acting relief to the discomfort associated with things such as a simple backache, muscle or joint aches, strains, and irritations. Our formula has a cooling menthol sensation that is backed by science and proven to deliver long-lasting relief.

*how to use:*

put cream directly on body. Avoid getting this product in your eyes.

*citrus flavored beauty gummies.*  
**BRAVENLY GLOW GIRL**

Our beautifying, vitamin-packed gummies help boost healthy, glowing hair, skin, and nails. Grow and glow from the inside out with the help of our new advanced formula in just two yummy gummies a day!

*how to use:*

Take 2 gummies once a day with or without food.



# KEY TWO: PRODUCTS

## BRAVENLY PRODUCTS

*boost your metabolism with....*  
**BRAVENLY BURN**



One capsule, packed with highly effective ingredients, to take your healthy lifestyle to a whole new level.\*  
This proprietary blend is designed to stimulate your metabolism and optimize your immunity, energy, digestion, and blood sugar levels.

*how to use:*

Take 1 or 2 supplements after your largest meal of the day for maximum results.

*mood support....*  
**BRAVENLY CALM**

Bravenly Calm is a unique adaptogenic formula made to fight stress, improve mental clarity, increase energy levels, and support your mood. One capsule employs antioxidant-rich ingredients that will counter daily chaos and give you a more restful night's sleep.

*how to use:*

Take 1 or 2 supplements daily to for daily benefits or feel free to take as needed when you feel you need a little support.



*appetite. mood. energy*  
**BRAVENLY IGNITE**



Bravenly Ignite is an advanced appetite support supplement with adaptogens that support your adrenals, giving you a long-lasting boost of energy.

*how to use:*

Take 1 capsule in the morning, and if needed, 1 mid-afternoon with water. Results may be noticed in 30 mins. Do not exceed 4 capsules a day.

*hormonal support...*  
**BRAVENLY DRIVE**

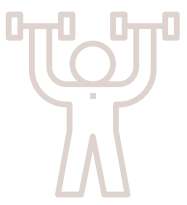
Bravenly Drive is an advanced adaptogenic blend that supports healthy hormonal balance & overall sexual wellness for men & women. With powerful ingredients uniquely formulated to help you feel your best, your healthy zest for life will be back. DRIVE encourages deeper intimacy, provides natural energy & supports your overall- well being & physical bliss.

*how to use:*

Take 2 supplements daily with food for maximum support.



# KEY THREE: MOVE



Do 20 minutes of physical activity each day.

No matter the level of activity, our challenge to you is to get your heart rate above a resting level for at least 20 minutes a day. This could include something as simple as walking up and down the stairs, or around the block, or as strenuous as weightlifting. YOU choose what works best for you.

## WHAT SCIENCE SAYS

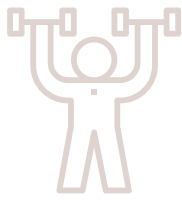
Physical activity and exercise can have immediate and long-term health benefits. Most importantly, regular activity can improve your quality of life. A minimum of 30 minutes a day can allow you to enjoy the following benefits: Improved muscular and cardiorespiratory fitness, improved bone functional health, improved energy, balance, and weight control.

*for more details & direction*

DOWNLOAD THIS GUIDE



# KEY THREE: MOVE



## EXAMPLE WORK-OUT

### *week one:*

<b>MON</b> 20-minute leg workout	<b>TUES</b> 10-minute core workout 10 min walk	<b>WED</b> 15-minute upper body workout 5 min stretch	<b>THURS</b> 10-minute core workout 10 min walk	<b>FRI</b> 15-minute total body workout 5 min stretch
-------------------------------------	------------------------------------------------------	-------------------------------------------------------------	-------------------------------------------------------	-------------------------------------------------------------

### *week two:*

<b>MON</b> 20-minute leg workout	<b>TUES</b> 10-minute core workout 10 min walk	<b>WED</b> 15-minute upper body workout 5 min stretch	<b>THURS</b> 10-minute core workout 10 min walk	<b>FRI</b> 20-minute total body workout 5 min stretch
-------------------------------------	------------------------------------------------------	-------------------------------------------------------------	-------------------------------------------------------	-------------------------------------------------------------

### *week three:*

<b>MON</b> 20-minute leg workout	<b>TUES</b> 15-minute core workout 10 min walk	<b>WED</b> 20-minute upper body workout 5 min walk	<b>THURS</b> 15-minute core workout 10 min walk	<b>FRI</b> 20-minute total body workout 5 min stretch
-------------------------------------	------------------------------------------------------	----------------------------------------------------------	-------------------------------------------------------	-------------------------------------------------------------

### *week four:*

<b>MON</b> 20-minute leg workout	<b>TUES</b> 10-minute core workout 10 min walk	<b>WED</b> 15-minute upper body workout 5 min stretch	<b>THURS</b> 20-minute core workout 10 min walk	<b>FRI</b> 15-minute total body workout 5 min stretch
-------------------------------------	------------------------------------------------------	-------------------------------------------------------------	-------------------------------------------------------	-------------------------------------------------------------

# KEY FOUR: HYDRATE



Your body uses water in all its cells, organs, and tissues to help regulate its temperature and maintain healthy bodily functions. Because your body loses water through breathing, sweating, and digestion, it's important to rehydrate by drinking fluids and eating foods that contain water.



## *how much water to drink*

Convert your weight from lbs to kg, then multiply it by 30ml. You should be drinking approximately 30ml of water per kg of body weight per day.

For example: 170lbs = 77kg  
 $77 \times 30 = 2.3L$



## *facts about hydrating*

- Dehydration can trigger hunger
- Water is used to regulate body temperature
- Drinking water before your meal rather than during can help prevent overeating

# KEY FOUR: HYDRATE



## SIGNS OF DEHYDRATION

*If you're not drinking enough water each day, you risk becoming dehydrated.*

### ARE YOU drinking enough water?

**ARE YOU HUNGRY?**  
It's surprisingly hard to differentiate between hunger and thirst. Studies show that drinking 8 oz of water stops hunger pains 100% of the time, and makes a HUGE difference in your weight management journey.

**ARE YOU FEELING TIRED OR CRANKY?**  
If you're dragging, and it's nowhere near meal time, think about the amount of water you have had. Did you know that mild hydration causes moodiness, fatigue, headaches and more?

**CHECK YOUR SKIN**  
Skin cells that aren't hydrated look rough and dry. Staying hydrated is crucial to flushing toxins in your skin and keeping your skin clear and clean.

## WARNING SIGNS OF DEHYDRATION

- weakness
- low blood pressure
- dizziness
- confusion
- urine that's dark in color

Being dehydrated can affect you in lots of ways, especially physically and mentally. So, it's why this is the 4th key to unlocking your breakthrough, drinking water is a habit we want you to start.





*complete 15 minutes of  
self-development each day*

Key Five is Mindset because you're either growing or dying, there is no staying still. Growing your mind and focusing on yourself for at least 15 mins. each day will help you stay focused on your goals, why you started and help you achieve the breakthrough you want and need in your life.



*ideas for your 15 mins*

- Listen to a Podcast
- Listen to an Audible book or Read a book
- Watch a Youtube training for personal development
- Bible Study or Devotion
- Journal
- Listen to a Playlist or Music
- Go outside, get some sunshine
- Establish a bedtime routine
- Put down your phone
- Meditate on the Truth
- Make a gratitude list

# KEY FIVE: MINDSET



## LIFESTYLE HABITS

### *get better sleep*

Sleep plays a crucial role in your physical, mental, and emotional health. Sleep is involved in the healing and repair of your heart, and blood vessels. When healthy sleep habits are not obtained over time, you can lose out on the key benefits, and become more vulnerable to a number of short and long-term health risks.



### *regulate screentime*

While it's not realistic for families to be completely screen-free, there are health benefits associated with slimming screen time that you should be aware of. Things like improved mood, enhanced relationships, and improved physical health are some examples.



### *practice positive affirmations*

Start living a healthier life with positive thinking! Mastering your mindset and improving your thoughts through positive affirmation, which are simple statements said out loud with confidence and beliefs, will help reprogram your brain to achieve your mindset goals and desires.



### *read & listen*

Reading books and listening to podcasts allow us to become a part of something new, triggers us to pay attention, and helps us use our imagination. Podcasts and books stimulate different parts of the brain, forcing us to actively listen, and pay close attention to something other than ourselves.



### *set goals & self-reflect*

Self-reflection and setting goals are two practices that can make a huge impact on your mindset. They help create purposeful progress and can keep your focus and energy where you want it. The act of identifying where you're at and setting goals is a reflective process in itself.



### *start journaling*

Journaling has a positive impact on physical well-being. The act of writing accesses your left brain, which is analytical and rational. While your left brain is occupied, your right brain is free to create, intuit, and feel. Writing allows you to use all of your brainpower to better understand yourself, others, and the world around you.





### *what science says about stress*

Stress affects all systems of the body, including muscles, respiratory, cardiovascular, endocrine, gastrointestinal, nervous, and reproductive systems.

For example, when the body is stressed, muscles tense up. Muscle tension is a reflex reaction to stress— it's the body's way of guarding against injury and pain. Stress also stimulates a part of your brain called the hypothalamus, which then stimulates your adrenal glands to release hormones, called cortisol and adrenaline.

An increase in these hormones can result in an increase in heart rate and blood pressure. When your heart rate increases, your breath quickens, and your muscles are ready for action. This is your body's natural response and has the purpose to protect your body in an emergency, by preparing you to react quickly. Unfortunately when your stress response keeps firing, day after day, it could put your health at risk.

#### BRAVENLY'S IDEAS FOR MANAGING STRESS

*that will help lead to a breakthrough*



Spend time with people in your life with whom you can be yourself around



Set aside time for yourself to do things that make you happy



Get regular physical activity



Practicing relaxation techniques



Be sure to get plenty of sleep and eat a healthy, balanced diet



Avoid tobacco use, excess caffeine, and alcohol

# TRACK YOUR SUCCESS

Sometimes the best and worst part of any "program" is tracking your success. This part can either come with feelings of shame or guilt for not staying on track or hitting the goals you were hoping to hit, OR it can come with feelings of excitement, celebration, and satisfaction.

Either way, your work is not done. If you accomplished your goals or not, take comfort in the fact that you can start over or start fresh whenever you need!

DOWNLOAD THE

*the official body blast challenge*

TRACKERS



*progress tracker*

BRAVENLY BREAKTHROUGH PROGRAM



*tangible vs. intangible results*

It is important to remember, that sometimes "results" are intangible. You can't physically SEE a more optimistic mindset, or a healthier gut like you can see weight loss, or even better lifestyle habits. And that's OKAY! As long as you are taking the necessary steps to incorporate healthier habits, we can almost guarantee that you are having RESULTS!

## BUT HERE IS WHAT YOU CAN EXPECT

*week 1*

You are just getting the hang of things with your new and healthier lifestyle. You might experience a couple of detoxing symptoms like a dull headache. Keep taking your products consistently and don't fret if you're not seeing big results yet. You've got this!

*week 2*

Your healthier choices are starting to feel habitual and you are becoming more confident in yourself. We hope you're loving the extra pep in your step. Your body is thanking you for over a week of incredible nutrition!

*week 3*

It takes 21 days for a habit to form, so you should be feeling consistent and confident in your new positive habits! As you add the suggested grocery items, take your products, and continually stick to those good habits you should feel lighter, emotionally, physically, and mentally. You might experience better sleep and a clearer mind, maybe even clearer skin and regular digestion.

*week 4*

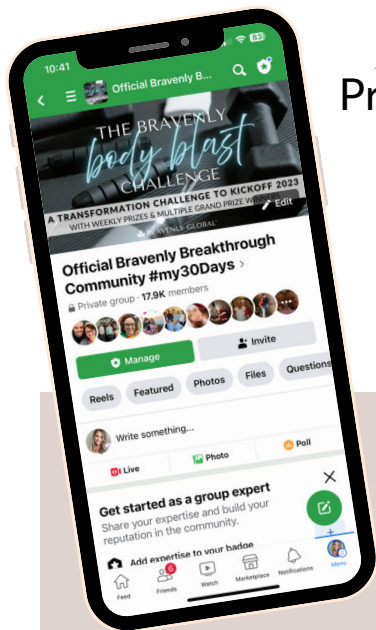
Last week, woo-hoo! Stay the course and stay committed. You're almost at a month of new habits. Detoxing has never felt refreshing. Now is a good time to start reflecting on the last couple of weeks and looking ahead at what your next breakthrough might look like. Remember, bite-size goals are more manageable. You can do ANYTHING for 30 days.

# GET SOCIAL



A huge part of your success in the 30-Day Breakthrough Program is whom you are doing it with. Being a part of the Breakthrough Community will offer you unparalleled friendship, accountability, and support. Start SHARING!

## START SHARING



## SAMPLE TEXT

Who wants to get healthy with me??

WATCH ME OR JOIN ME on my 30-Day Breakthrough Journey!!

## SAMPLE POST

I'm finally deciding to choose MYSELF! I accepted the Bravenly Body Blast Challenge..



I am so excited to do this program alongside my friends. Let me know if you want to do this with me!!



Use the hashtags: #30dayblast #my30days

# CERTIFICATE OF COMPLETION

CUT ALONG THE DOTTED LINES

CONGRATULATIONS FOR COMPLETING  
THE BRAVENLY BODY BLAST

*challenge*

---

PRINT NAME HERE

WE ARE SO PROUD OF YOU!

 *Bravenly Team*

## DO I HAVE TO FAST?

Bravenly does not require you to fast to be a part of our Breakthrough Program. We do recommend fasting if you are looking for results fast and would like to be a part of our exclusive fasting community. Not every individual is going to choose the same fasting schedule and eat at the same time. Some people will choose to eat keto during their window and eliminate carbs and sugar. Some people eat whole foods during their window and some will eat whatever they want, as long as it is in their time frame of eating. Fasting is not for everyone, so if you feel like you shouldn't or can't do it, that is okay. No one knows your body as you do. We know that and we respect it.

## DO I HAVE TO BUY BRAVENLY PRODUCTS, IN ORDER TO BE A PART OF THE BREAKTHROUGH PROGRAM?

The short answer is, NO - you do not need to purchase Bravenly products in order to be a part of our Breakthrough Program. We highly encourage it, for that will significantly complement your program and help you feel good from the inside out.

## I'M HUNGRY AND I AM IN MY FASTING PERIOD. DO I HAVE TO STICK TO THE FASTING PLAN, OR CAN I EAT?

We recommend you consult a doctor or physician before fasting. With that being said, customize your fasting plan and choose which one works and fits best for you. If you try 20:4 and eat in the time of 2 pm-6 pm and are still hungry, try opening your window up a couple of hours before. If you try 18:6 and eat in the times of 11 am-5 pm and you feel like you need to have a snack, try a salad or an apple with peanut butter. Many times, people can confuse thirst for hunger, particularly if you're dehydrated, so it's important to drink plenty of water. If you're doing all this and you are still feeling like you aren't satisfied, have a snack, and then get back on your fasting schedule. The best thing about fasting is that YOU get to choose what works best for YOU.

## I'M TAKING MEDICATIONS. SHOULD I CONSULT WITH MY DOCTOR PRIOR TO STARTING AND ALSO THROUGHOUT THE PROGRAM?

If you have any questions/concerns, ask your licensed healthcare provider. If you are taking medication, pregnant, or nursing, ask your licensed healthcare provider before using Bravenly products. It is also advisable to continue to check in with your physician throughout our program to help them determine any adjustments that you might need to make as your program is ongoing.

## I AM GETTING HEADACHES AND DIARRHEA FROM THE CHANGE IN MY DIET. SHOULD THIS BE HAPPENING?

Your body is adapting to a new type of eating and with the change, it is having to change how your body utilizes the nutrients you are now getting. If your previous eating style was significantly different, then you are experiencing changes as you are consuming new foods. Ensure that you're drinking enough water and getting plenty of rest to help your body ease through this transition. If symptoms persist, contact your doctor to help ensure that everything that you are doing is right for your needs.

## WHAT IS THE 30-DAY BREAKTHROUGH PROGRAM?

Our goal at Bravenly is to set people up to feel the best about who they are. We want to help people live fully, in all that they do. Our 30-day Breakthrough Program supports you in your journey to a healthier YOU. This program is designed to give you a platform to have the breakthrough you are wanting. We will provide you with the tools and resources to help you along your journey. Are you ready for your Breakthrough?

# REFERENCES

“How Much Sugar Is Too Much?” [www.Heart.Org](http://www.Heart.Org), [www.heart.org/en/healthy-living/healthy-eating/eat-smart/sugar/how-much-sugar-is-too-much#:~:text=American%20adults%20consume%20an%20average](http://www.heart.org/en/healthy-living/healthy-eating/eat-smart/sugar/how-much-sugar-is-too-much#:~:text=American%20adults%20consume%20an%20average). Accessed 1 Sept. 2020.

President’s Council on Sports, Fitness & Nutrition. “Facts & Statistics.” HHS.Gov, 20 July 2012, [www.hhs.gov/fitness/resource-center/facts-and-statistics/index.html#:~:text=Americans%20eat%20less%20than%20the](http://www.hhs.gov/fitness/resource-center/facts-and-statistics/index.html#:~:text=Americans%20eat%20less%20than%20the). Accessed 1 Sept. 2020.

Nutrition, Center for Food Safety and Applied. “Sodium in Your Diet.” FDA, 2 Apr. 2020, [www.fda.gov/food/nutrition-education-resources-materials/sodium-your-diet#:~:text=Americans%20eat%20on%20average%20about.](http://www.fda.gov/food/nutrition-education-resources-materials/sodium-your-diet#:~:text=Americans%20eat%20on%20average%20about.)

Standard American Diet | Health Topics | NutritionFacts.Org.” [Nutritionfacts.Org](http://Nutritionfacts.Org), 2010, [nutritionfacts.org/topics/standard-american-diet/](http://nutritionfacts.org/topics/standard-american-diet/).

CDC - Data and Statistics - Sleep and Sleep Disorders. 2019, [www.cdc.gov/sleep/data\\_statistics.html](http://www.cdc.gov/sleep/data_statistics.html).

“21+ Statistics About the Health and Wellness Industry (2020).” PolicyAdvice, 26 Oct. 2019, [policyadvice.net/health-insurance/insights/health-and-wellness-statistics](http://policyadvice.net/health-insurance/insights/health-and-wellness-statistics). Accessed 1 Sept. 2020.

Marketing, UC Davis Health, Public Affairs and. “What Is ‘Gut Health’ and Why Is It Important?” [Www.Ucdmc.Ucdavis.Edu](http://Www.Ucdmc.Ucdavis.Edu), [health.ucdavis.edu/health-news/newsroom/what-is-gut-health-and-why-is-it-important/2019/07#:~:text=A%20healthy%20gut%20contains%20healthy](http://health.ucdavis.edu/health-news/newsroom/what-is-gut-health-and-why-is-it-important/2019/07#:~:text=A%20healthy%20gut%20contains%20healthy).

“15 Benefits of Drinking Water and Other Water Facts.” [Www.Medicalnewstoday.Com](http://Www.Medicalnewstoday.Com), [www.medicalnewstoday.com/articles/290814#benefits](http://www.medicalnewstoday.com/articles/290814#benefits).”

Evening Screen Time Can Sabotage Sleep.” Science News for Students, 1 Nov. 2017, [www.sciencenewsforstudents.org/article/evening-screen-time-can-sabotage-sleep#:~:text=Screen%20time%20before%20bedtime%20may%20leave](http://www.sciencenewsforstudents.org/article/evening-screen-time-can-sabotage-sleep#:~:text=Screen%20time%20before%20bedtime%20may%20leave).

“Seven Benefits of Visualization and Affirmations.” Delamora Transformational Experiences, [www.delamora.life/latest-blog-posts/benefits-of-visualization-and-affirmation](http://www.delamora.life/latest-blog-posts/benefits-of-visualization-and-affirmation). Accessed 1 Sept. 2020.

Publishing, Harvard Health. “The Science of Exercise Shows Benefits beyond Weight Loss.” Harvard Health, [www.health.harvard.edu/staying-healthy/the-science-of-exercise-shows-benefits-beyond-weight-loss#:~:text=Exercise%20reduces%20weight%2C%20lowers%20blood](http://www.health.harvard.edu/staying-healthy/the-science-of-exercise-shows-benefits-beyond-weight-loss#:~:text=Exercise%20reduces%20weight%2C%20lowers%20blood).”

“The Science of Stress.” Experience Life, 21 May 2019, [experiencelife.com/article/the-science-of-stress/](http://experiencelife.com/article/the-science-of-stress/). Accessed 1 Sept. 2020