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Thank you for choosing me to be your TruVision supplier.

I will follow up with you as you go through your first 7 days and I would like to have your results at the end of the 7 days. If you have any issues, PLEASE feel free to contact me by Facebook messaging or texting me.

If you are taking any medications, you can take the ingredients list to your doctor and/or pharmacist and ask if there is anything that would conflict with your medications.

*\*ALWAYS TAKE MEDICATION OR OTHER SUPPLEMENTS 2 HOURS BEFORE OR AFTER TRUVISION HEALTH PRODUCTS.*

## What is it's purpose?

The point of the 7 day is to make sure your body is ok with it before buying a 30 day. We don't sell 2nd ones. When you buy it, by day 3 you will notice changes in your appetite, cravings and energy and that you are ready for a 30 day purchase...these are the 2 ways to order... Preferred or as an Associate. Your sponsor will be in touch soon to see which will work best for you.

### CONCERNING THE TRIAL PACK & PRODUCT IN GENERAL:

Besides taking the product what have you changed about your lifestyle? I only ask because some people view TVH as a quick fix supplement or a "I just take this and I'm able to lose every week" product. That however is not the case, it is a supplement designed to help regulate your blood chemistry, add a boost of natural clean energy and help with making better food choices and portion control. Drinking your body weight in water isn't going to help anything other than possibly leave you feeling bloated. Eating more protein and being inactive isn't going to help either.... so my advice is to incorporate these supplement's into your daily regimen of eating better, being active and understanding this is an overall lifestyle change. Keep your body completely hydrated. The product will only fix so much.... you have to help yourself help the product's. I hope that helps!

### INSTRUCTIONS

Weigh and measure your first morning before you eat or drink anything. To ensure your success please do the following:

1. Weigh Weight: \_\_\_\_\_ Pants size: \_\_\_\_\_ Shirt size: \_\_\_\_\_ Body Fat Percentage: if known \_\_\_\_\_

2. Measure Bust: Place the measuring tape across your nipples and measure around the largest part of your chest. Be sure to keep the tape parallel to the floor: \_\_\_\_\_

- **Chest:** Place the measuring tape just under your breasts/pecs and measure around the torso while keeping the tape parallel to the floor: \_\_\_\_\_

- **Waist:** Place the measuring tape about a 1/2 inch above your bellybutton (at the narrowest part of your waist) to measure around your torso. When measuring your waist, exhale and measure before inhaling again: \_\_\_\_\_
- **Hips:** Place the measuring tape across the widest part of your hips/buttocks and measure all the way around while keeping the tape parallel to the floor: \_\_\_\_\_
- **Thigh:** Measure around the largest part of each thigh: \_\_\_\_\_
- **Upper arm:** Measure around the largest part of each arm (above the elbow) : \_\_\_\_\_
- **Neck:** Measure around the largest part of the neck: \_\_\_\_\_
- Total of all measurements: \_\_\_\_\_

**3.** Take a NOW photo of your face and one of your whole body with your face. PHOTOS We strongly suggest you take a BEFORE photo. Then in one month an AFTER photo. What you choose to wear, be sure you wear the same thing in the next photo, so that the results can be seen in the looseness of the clothing. Also the lighting is important..... be sure that it is the same and that it shows well. I know often you do not want to show your face. But remember, the results is really showing in the face with TruV and also, people want to know it really is YOU. So for credibility reasons, show your face. take side view, face view with full body. And probably wouldn't hurt to take back view. I have noticed that some of you are wearing an outfit that doesn't compliment your weight loss in the second photo so your true results is not as evident in photo. So wearing the same thing could help you in this area for showing the results. Also... use Picmonkey.com or ribbet.com ....this is a great way to put them side by side, this way when someone comments on your BEFORE.... it doesn't separate it in the news feed..... the two stay together.

**4.** Commit to taking your product CONSISTENTLY for the next 7 days... Go ahead and set your alarm on your phone. You will take 1 blue and 1 green just before or with breakfast and then again at lunch.

**5.** When you feel your energy go up, increase your activity 😊

**6.** Make sure that when the product gives you the power over food that you use that control to make better decisions.

**7.** Fuel your body EARLY in the day with something small for breakfast.

**8.** Eat smaller more frequent meals all day to keep you're body from entering starvation mode.

**9.** REMEMBER TO EAT and STAY well HYDRATED! An increase in metabolism drains fluids faster from body, but replenish!

**DRINK PLENTY OF WATER:** When our metabolism is increased this pulls fluid from the cells in our body. We must keep hydrated. A good rule to follow is 64 ounces a day. 8 ounces for every 20 pounds of body weight is also a good gauge. Keep in mind that you can have too much water just as well as not enough. Find your balance that doesn't cause you to hold onto the fluids but keeps you hydrated.

**10.** Complete the following survey 1 being smallest and 10 being largest:

- **Energy:**
  - On a scale of 1-10 how much energy do you have? \_\_\_\_
  - On a scale of 1-10 how active are you? \_\_\_\_
  - Do you wake up refreshed and ready to start your day? Y\_\_\_\_ N\_\_\_\_
  - Do you ever feel the need for an afternoon nap? Y\_\_\_\_ N\_\_\_\_
  - Are you sleeping 7-8 hours a night? Y\_\_\_\_ N\_\_\_\_
- **Appetite:**
  - Do you eat breakfast?? Y\_\_\_\_ N\_\_\_\_
  - On a scale of 1-10 appetite size?? \_\_\_\_
  - Do you snack between meals? Y\_\_\_\_ N\_\_\_\_

- When are you eating the majority of your food intake before 3 pm or after 3 pm? \_\_\_\_\_
- After eating are you satisfied?? Y \_\_\_ N \_\_\_
- Do you go back for seconds? Y \_\_\_ N \_\_\_
- Cravings: Name 3 foods that you crave: \_\_\_\_\_
- Do you drink soda/sweet tea? Y \_\_\_ N \_\_\_
- When you feed a craving are you satisfied with just a small portion? Y \_\_\_ N \_\_\_
- What time of day do you have the most of your cravings?? Early \_\_\_ Mid \_\_\_ Late \_\_\_

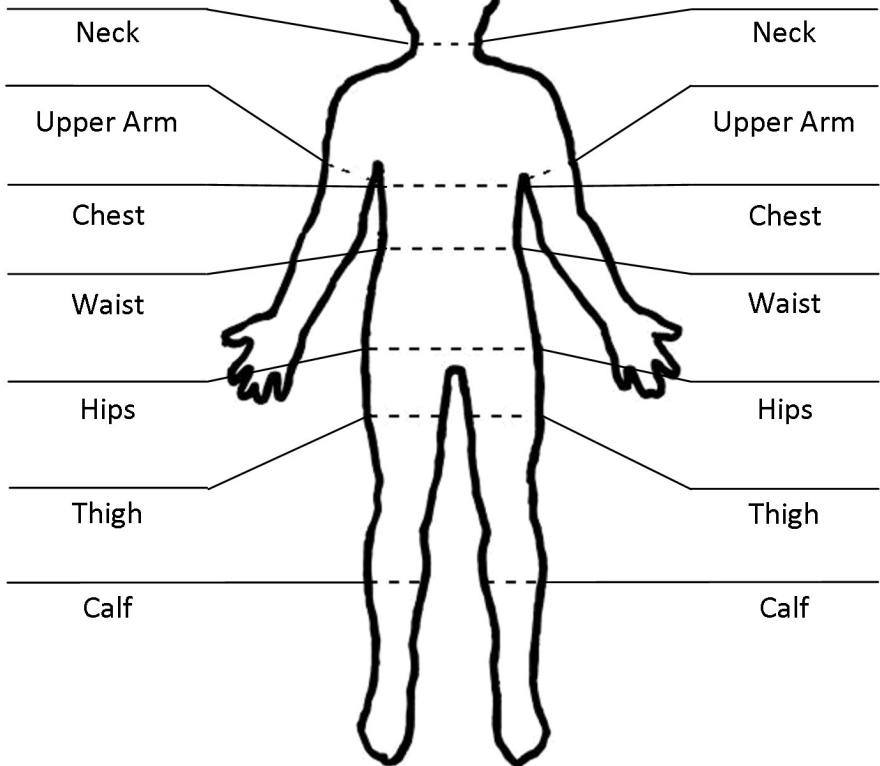
## WATER CHART

8 OUNCES FOR EVERY 20 POUNDS OF BODY WEIGHT

BODY WEIGHT	DAILY REQUIREMENT	
20lbs / 9kgs	8oz	236ml (1 cup)
60lbs / 27kgs	24oz	709ml
100lbs / 45kgs	40oz	1182ml (4 cups)
120lbs / 54kgs	48oz	5 cups
140lbs / 63.5kgs	56oz	6cups
160lbs / 72.5kgs	64oz (8 cups)	1.8L (6.5 cup)
180lbs / 81.5kgs	72oz	2.1L (7.5 cups)
200lbs / 90.7kgs	80oz	2.3L (8 cups)
220lbs / 99.7kgs	88oz	2.6L (9 cups)
240lbs / 108.8kgs	96oz	
260lbs / 118kgs	104oz	3L (10.8 cups)
280lbs / 127kgs	112oz	
300lbs / 135kgs	120oz	3.5L (12 cups)
320lbs / 145kgs	128oz	3.7L (13 cups)

# Before

# After



Neck

Neck

Upper Arm

Upper Arm

Chest

Chest

Waist

Waist

Hips

Hips

Thigh

Thigh

Calf

Calf

# measuring my body

	waisi	arms	thighs	hips	weight
week 1					
week 2					
week 3					
week 4					
week 5					
week 6					
week 7					
week 8					
week 9					
week 10					
week 11					
week 12					
week 13					
week 14					
week 15					
week 16					
week 17					
week 18					

