



# R3 Weight Loss Plan: Q&A

## Personal Info

Name \_\_\_\_\_ Today's Date \_\_\_\_\_

Age \_\_\_\_\_ Height \_\_\_\_\_ Weight \_\_\_\_\_

## Health History

What's the heaviest weight you've ever been? \_\_\_\_\_ lbs.

What's the lightest weight you've been in the past 5-10 years? \_\_\_\_\_ lbs.

Do you suffer from:	Yes	No		Yes	No		Yes	No
Gut or digestive issues	<input type="radio"/>	<input type="radio"/>	Low energy, fatigue	<input type="radio"/>	<input type="radio"/>	Mood swings, anxiety, depression	<input type="radio"/>	<input type="radio"/>
Sugar/carbohydrate cravings	<input type="radio"/>	<input type="radio"/>	Sleep problems	<input type="radio"/>	<input type="radio"/>	High blood pressure, cholesterol, blood sugar	<input type="radio"/>	<input type="radio"/>
Joint pain	<input type="radio"/>	<input type="radio"/>	Immune deficiency	<input type="radio"/>	<input type="radio"/>		<input type="radio"/>	<input type="radio"/>

What's life like? Family, children, work, schedule? \_\_\_\_\_

Have you followed "diets" in the past? ☐ Yes ☐ No

If so, which ones? \_\_\_\_\_

What did you like or dislike? \_\_\_\_\_

Do you take any medications? ☐ Yes ☐ No If so, for what? \_\_\_\_\_

Do you take any supplements? ☐ Yes ☐ No If so, which ones? \_\_\_\_\_

Are you open to taking better supplements? ☐ Yes ☐ No

## Nutrition & Exercise History

What does a typical day of eating look like? Be honest!

Breakfast: \_\_\_\_\_ Daytime or late-night snacking: \_\_\_\_\_

Lunch: \_\_\_\_\_ Soda, coffee, alcohol, water: \_\_\_\_\_

Dinner: \_\_\_\_\_

Do you exercise? ☐ Yes ☐ No If so, what do you do? \_\_\_\_\_

## Health Goals

How much would you like to weigh? \_\_\_\_\_ lbs.

What are your other health goals? \_\_\_\_\_

What has prevented you from reaching your goals in the past? \_\_\_\_\_



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## Personal Supplements

### R3 Reset Phase:

- ☐ Peak Performance Total Health Pack (60 Points)
- ☐ Peak Performance Nutrition Pack (42 Points)
- ☐ Peak Performance Heart Health, Metabolic Health, Brain Health, or Bone & Joint (52 Points)
- ☐ Vitality Pack® (10 Points)
- ☐ Vitality Essential™ Nutrition Pack (24 Points)
- ☐ Vitality D3 (4 Points)
- ☐ Vitality Methyl B Complex (5 Points)
- ☐ NutraTherm™ (16 Points)
- ☐ Florify® (13 Points)
- ☐ Good Zymes™ (17 Points)
- ☐ Replenex® Advance (13 Points)
- ☐ Luminex® (11 Points)
- ☐ RestEZ™ (5 Points)
- ☐ Activate-C Immune Complex™ Drink Mix (6 Points)
- ☐ Activate Immune Complex® (6 Points)
- ☐ FiberWise® Drink (11 Points)
- ☐ GC Control™ Shake (8 Points)
- ☐ Attain® CraveBlocker® Bars (5 Points)
- ☐ Peak Performance Metabolic Health Bundle (60 Points)
- ☐ R3 Starter Pack (52 Points)
- ☐ Access® Exercise Bars (8 Points)

- ☐ Energy Shots 12-Pack (7 Points)
- ☐ Sustain® Active Electrolyte Hydration (6 Points)
- ☐ Proflex Protein Shake (11 Points)
- ☐ Proflex Pro Whey Protein Shake (15 Points)
- ☐ Proflex Pro Protein Bars (7 Points)
- ☐ Simply Fit™ Protein Bars (4 Points)
- ☐ SplashH<sub>2</sub>O® Drink (2 Points)
- ☐ Mountain Cabin® Premium Coffee (5 Points)
- ☐ Sustain Pre-Active (12 Points)
- ☐ Sustain Post-Active (14 Points)
- ☐ Vitality for Life® Collagen Boost (16 Points)
- ☐ Trim & Control Bundle (31 Points)
- ☐ Build & Tone Bundle (37 Points)

### R3 Reintroduce Phase:

- ☐ Simply Fit Chewy Snack Bars (3 Points)
- ☐ Simply Fit Trail Bars (4 Points)
- ☐ Simply Fit Nut & Fruit Clusters (4 Points)
- ☐ Simply Fit Popcorn (2 Points)
- ☐ Simply Fit Veggie Protein Crisps (4 Points)
- ☐ FiberWise Bars (4 Points)

**TOTAL PRODUCT POINTS:** \_\_\_\_\_