

# TO-DO LIST

- Meet Dr. Ammon:** Watch a welcome video from Dr. Ammon to kickstart your journey with us.
- Connect with Your Coach:** Your dedicated coach will reach out to you soon to provide guidance and support throughout the program. You may have already connected with them, which is great! If you have yet to hear from them, rest assured that they will contact you shortly.

Your coach is one of the unique aspects of this program and one of the key components of our high success rate. Your coach has already gone through the program and been certified by Dr. Ammon. They are your lifeline and will be in daily contact.

- Purchase Scales:** Ensure you have the necessary tools for your success by purchasing the following items from Amazon:

**Bathroom Scale**  
**Kitchen Scale**

- Reliv Nutritional Support:** The specially curated ReLivFit Pack is integral to your success, supports your cellular health, and complements your weight loss efforts.\* This combination has been researched and tested with Dr. Ammon's patients. We have made this easy for you to purchase with a pack available.

- Join Our Community:** Dive into our thriving ReLivFit community by joining our private Facebook group. Stay updated on program details and engage with fellow members for support and encouragement. This is also where you will have an excellent resource of program-specific recipes that are updated frequently.

- Save the Date: Dr. Ammon hosts exclusive Zoom calls every Wednesday at 8 PM CT.** This is a valuable opportunity to gain insights directly from Dr. Ammon and get your questions answered.

Remember, this exclusive session is reserved for program members only, so please keep the access details confidential.

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.