

THE *She*volve PROGRAM

A 3-PHASE METHOD THAT ALLOWS
WOMEN TO LOSE BODY FAT, GAIN
MUSCLE, AND ESTABLISH A FOUNDATION
OF HEALTHY HABITS FOR LIFE-LONG
RESULTS.

THE *She*volve PROGRAM

HEALTHY

BUILD THE
FOUNDATIONS OF
HEALTHY LIVING

HAPPY

LOOK GOOD, FEEL
GOOD! LET'S
TRANSFORM YOUR
BODY

HUMAN

LET'S FIND ULTIMATE
BALANCE SO YOU
CAN MAINTAIN YOUR
RESULTS & ENJOY
LIFE

THE *She*volve PROGRAM

YOU FEEL LIKE YOU'RE STUCK BETWEEN
DIETING AND LOSING WEIGHT, OR NOT
DIETING AND GAINING IT BACK.

DO YOU HATE DIETING AND WANT TO
JUST LIVE A BETTER LIFESTYLE?

YOU FEEL LIKE YOU CAN'T FIND A GOOD
BALANCE OF EATING FREELY AND
FLEXIBLY BUT ALSO SEEING RESULTS?

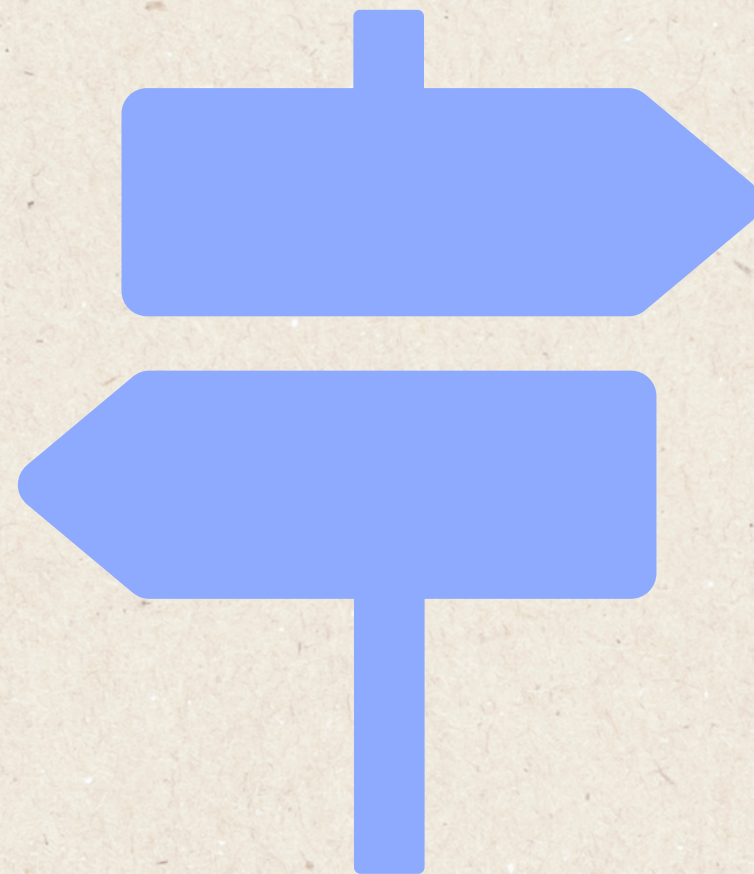


**EVERY DAY, WE WORK WITH WOMEN WHO ARE
HAVING A HARD TIME TRANSFORMING THEIR
LIFESTYLE WITHOUT UNHEALTHY OR
UNSUSTAINABLE METHODS.**

THE *She*volve PROGRAM

**AS A WOMAN OVER 3, YOU'RE NOW AT A
CROSSROAD...**

DO YOU WANT TO
CONTINUE WITH THE "ALL
OR NOTHING" MINDSET,
NEVER REALLY FINDING
YOUR TRUE BALANCE OF
RESULTS AND FREEDOM?



OR DO YOU WANT TO LEARN
HOW TO ELIMINATE SELF-
SABOTAGE AND SELF-
DOUBT, TRANSFORM YOUR
BODY, AND BE STRONG FOR
LIFE!?

THE *She*volve PROGRAM

HEALTHY



YOU SHOULD KNOW THAT EATING TOO LITTLE AND WORKING TOO HARD CAN ACTUALLY BURN YOU OUT AND CAUSE WEIGHT GAIN...

THIS PHASE IS ALL ABOUT CREATING THE ENVIRONMENT FOR YOUR BODY TO HEAL, FUEL ITSELF WITH THE NUTRIENTS IT NEEDS, AND ESTABLISH THE FOUNDATION FOR HEALTHY LIVING & PERMANENT RESULTS.

EXPECT YOUR ENERGY TO SKY ROCKET, YOUR CLOTHES TO FIT BETTER, AND YOU TO BE MORE CONSISTENT THAN EVER.

THE *She*volve PROGRAM

HEALTHY.



IN THIS PHASE, OUR GOAL IS TO:

- BUILD YOUR RELATIONSHIP WITH FOOD SO YOU CAN EAT WHAT YOU LIKE GUILT-FREE
- RESTORE CONSISTENT HABIT PATTERNS TO BUILD THE FOUNDATION THAT WILL HELP YOU BUILD MUSCLE AND SHED FAT
- RESTORE YOUR METABOLISM BACK TO ITS FAT-BURNING STATE
- INCREASE ENERGY, CONFIDENCE, MINDSET, AND HABIT CONSISTENCY

THE *She*volve PROGRAM

HEALTHY.



HOW?

- WE ESTABLISH NON-NEGOTIABLES (SLEEP, STRESS MANAGEMENT, HYDRATION, FOOD QUALITY, AND DAILY STEPS)
- WE FLEXIBLY TRACK PROTEIN AND CALORIES TO ENSURE YOUR BODY IS GETTING THE NUTRIENTS IT NEEDS
- WE FIND YOUR MAINTENANCE CALORIES - HOW MANY CALORIES CAN YOU EAT WITHOUT GAINING WEIGHT?
- WE CREATE A WORKOUT PLAN THAT ALLOWS YOU TO PUT THIS ENERGY TOWARD MUSCLE GROWTH

THE *She*volve PROGRAM

HAPPY

OUR “HAPPY” PHASE IS A 12-16 WEEK BODY TRANSFORMATION PHASE WHERE WE PUSH YOU TO LOSE BODY FAT. GAIN MUSCLE, OR A COMBINATION OF THE TWO!



THE *She*volve PROGRAM

HAPPY



IN THIS PHASE, OUR GOAL IS TO:

- MAINTAIN MUSCLE MASS WHILE LOSING BODY FAT SO YOUR BODY FAT PERCENTAGE IMPROVES
- OR, BUILD MUSCLE MASS WHILE MAINTAINING BODY FAT LEVELS
- MAINTAIN NON-NEGOTIABLES THAT HAVE BEEN ESTABLISHED IN PHASE 1
- HELP YOU SHIFT YOUR MINDSET TO LEARNING ABOUT YOUR BODY AND ALL IT CAN DO FOR YOU

THE *She*volve PROGRAM

HAPPY

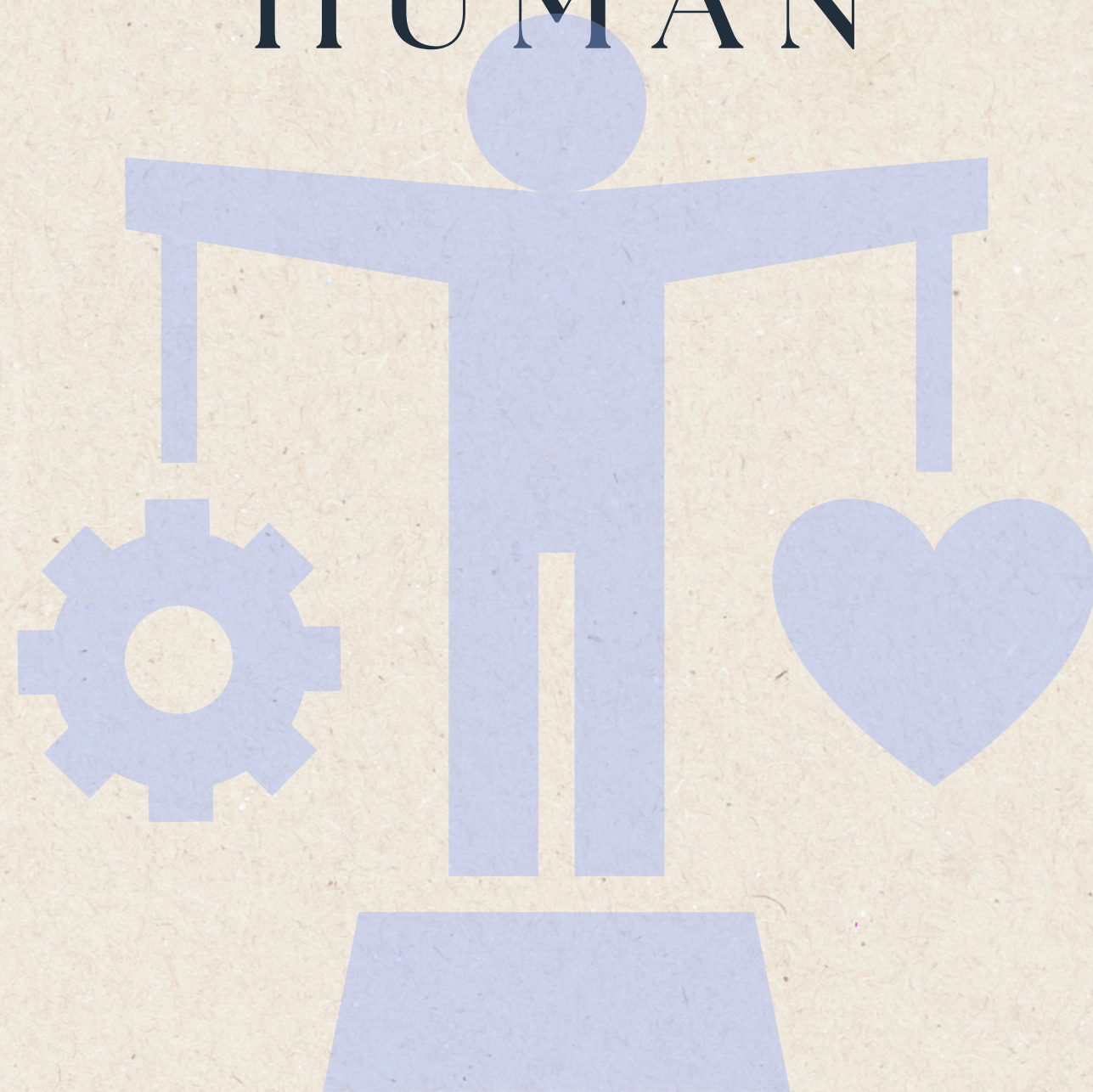


HOW?

- YOU'LL TRACK YOUR PROTEIN, CARBS AND FAT MORE PRECISELY.
- YOU'LL FOCUS ON DAILY MOVEMENT IE. 10-15K STEPS DAILY
- WE'LL ADJUST YOUR CALORIE AND MACRONUTRIENT INTAKE REGULARLY (EVERY~2 WEEKS) TO KEEP YOU PROGRESSING AND THAT SCALE MOVING DOWN

THE *She*volve PROGRAM

HUMAN



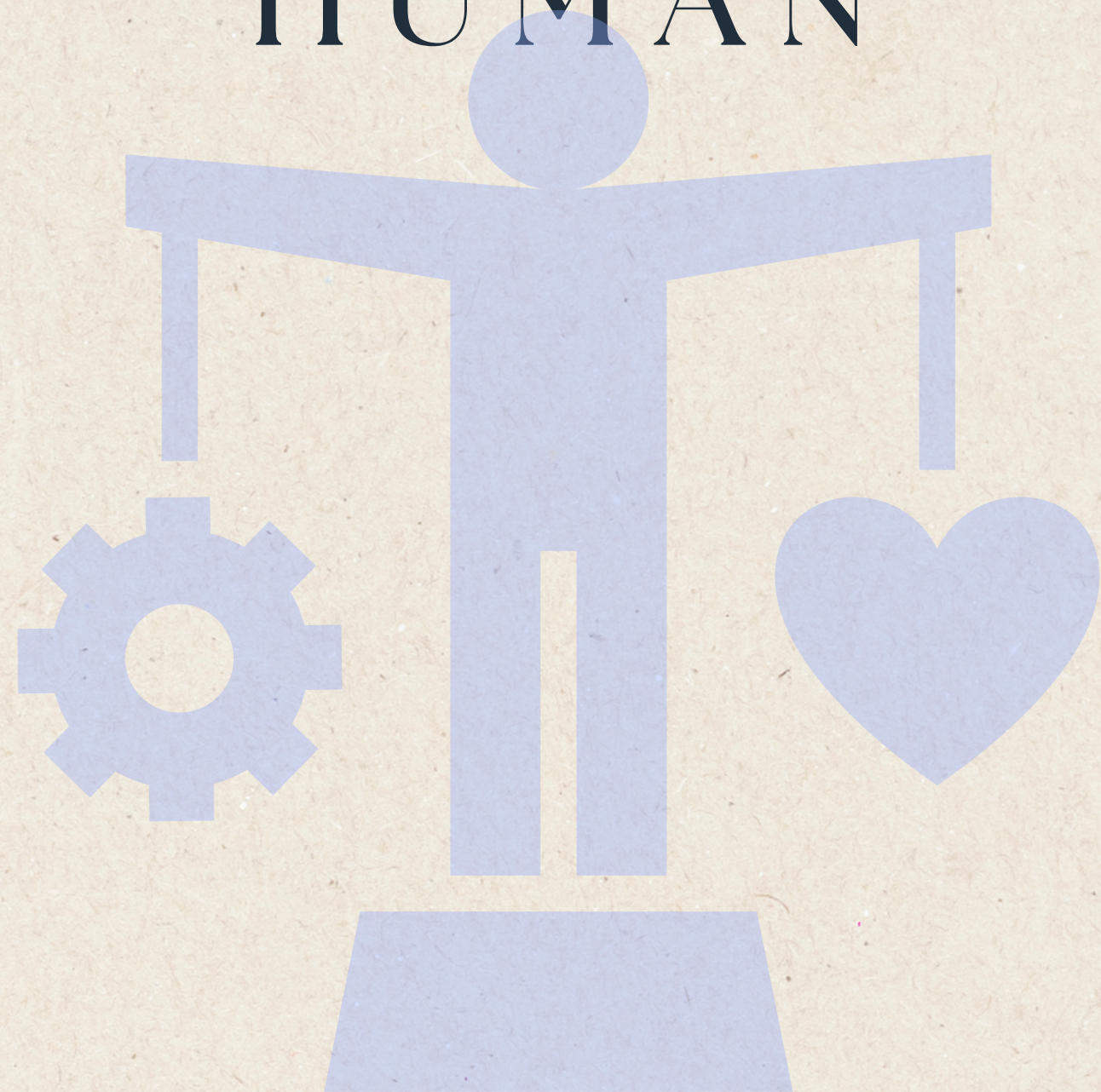
AFTER 12-16 WEEKS OF BEING IN A DEFICIT, A SURPLUS, OR PUSHING YOURSELF IN THE GYM, YOUR BODY IS READY FOR A BREAK

INSTEAD OF CONTINUING TO PUSH YOU AND YOUR BODY TO SEE MORE RESULTS RIGHT NOW, WE GIVE YOUR BODY TIME TO ADAPT TO ITS NEW YOU TO ENSURE SUSTAINABILITY,

AND ALSO, NO ONE WANTS TO TRACK THEIR FOOD FOREVER!

THE *She*volve PROGRAM

HUMAN

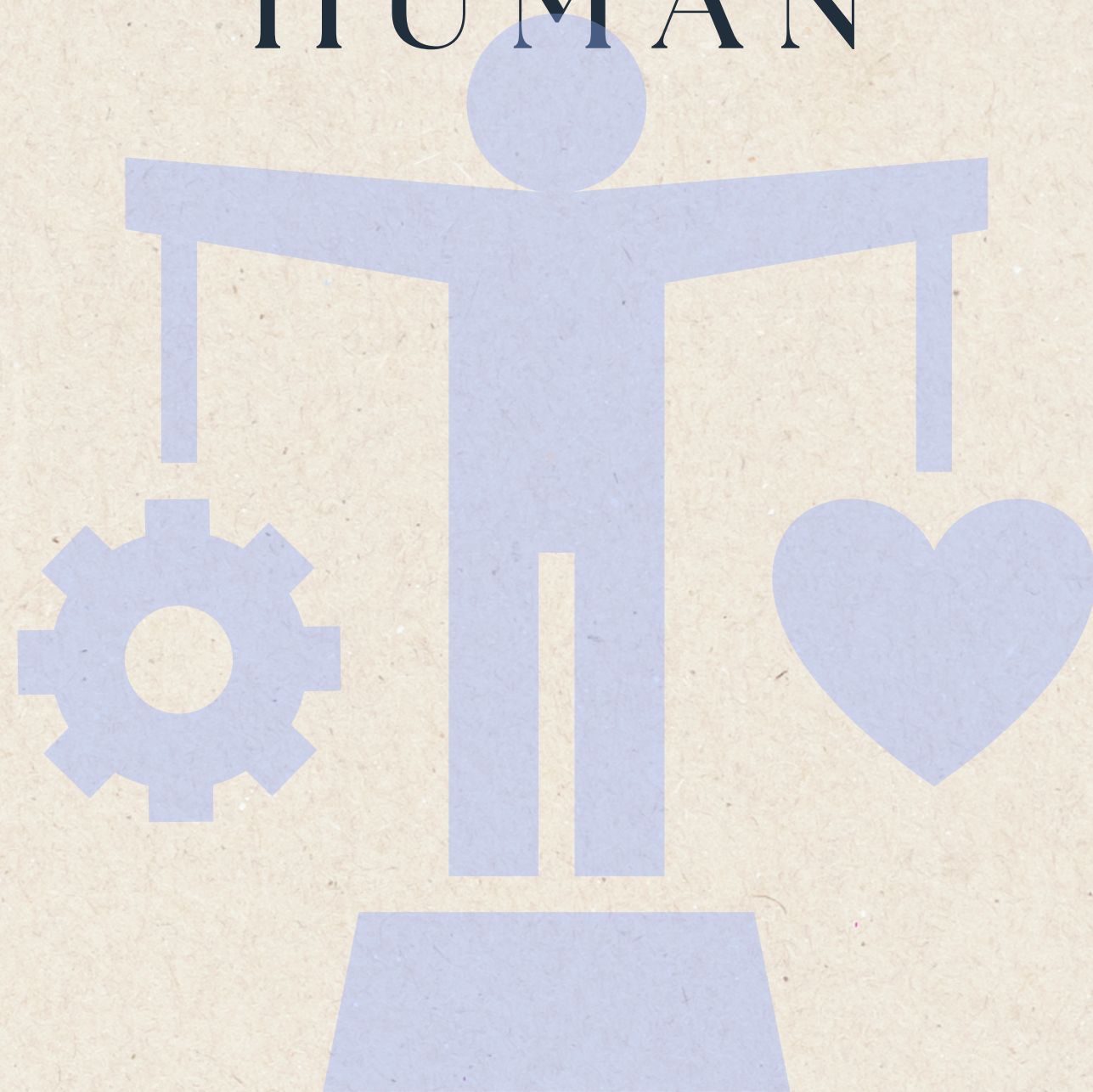


IN THIS PHASE, OUR GOAL IS TO:

- EAT MORE INTUITIVELY WITHOUT THE NEED TO TRACK DAILY
- MAINTAIN YOUR BODY WEIGHT WHILE EATING MORE FOOD
- EAT MORE FLEXIBLY AND FREELY
- CONTINUE TO IMPROVE BODY COMP AND MUSCLE GROWTH
- CONTINUE TO INTEGRATE YOUR NON-NEGOTIABLES INTO YOUR EVERYDAY LIFE
- BE HUMAN AND LIVE LIFE ON YOUR TERMS!

THE *She*volve PROGRAM

HUMAN



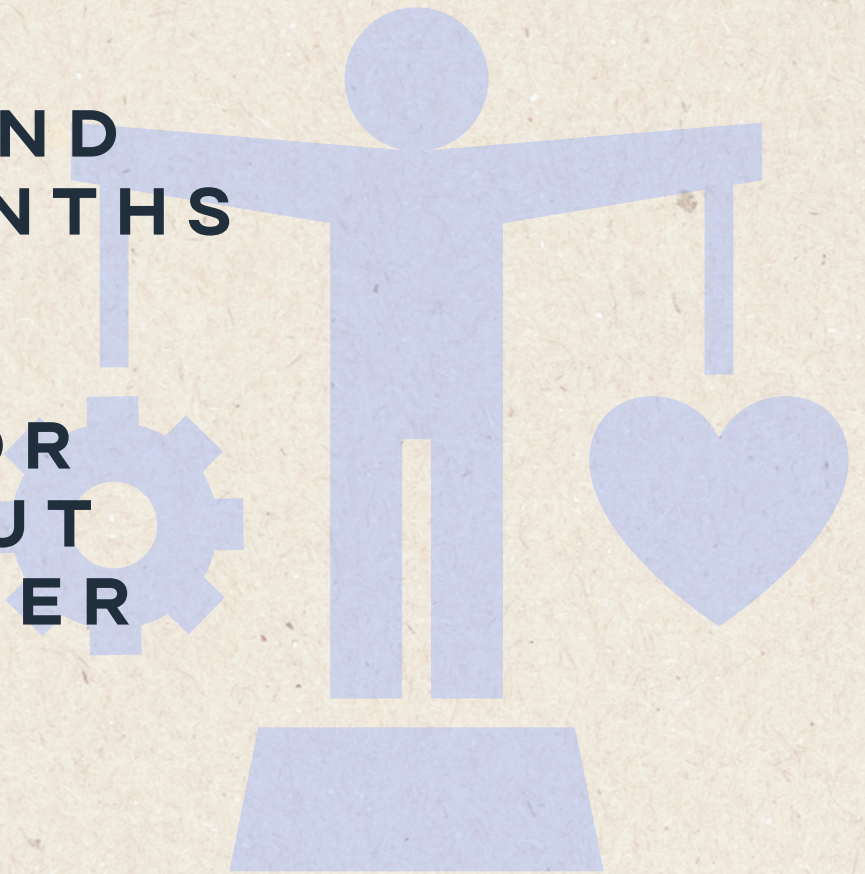
HOW?

- GIVE YOU TRACKING “BREAK DAYS” SO YOU LEARN HOW TO GUESSTIMATE PORTION SIZES
- FIND YOUR NEW MAINTENANCE CALORIES SO YOU CAN STAY AT YOUR NEW LOW.
- INCORPORATE FOODS YOU LOVE BACK INTO YOUR PLAN MORE REGULARLY
- CONTINUE TO IMPROVE BODY COMP AND MUSCLE GROWTH

**THE AVERAGE LENGTH OF TIME
SOMEONE IS IN OUR PROGRAM IS 12
MONTHS**

**THE LENGTH OF THE HEALTHY AND
HUMAN PHASE VARIES FROM 3 MONTHS
TO 6 MONTHS**

**THIS PROGRAM IS DESIGNED FOR
WOMEN WHO ARE SERIOUS ABOUT
LIFE-LONG CHANGE, NOT ANOTHER
QUICK FIX**



READY TO GET STARTED?

THE *She*volve STARTER PACK

FULL APP
ACCESS

ALL RESOURCES

WORKOUT
PROGRAMS

CUSTOM
MACROS

GROUP CHAT

ACCESS TO
PRIVATE CLIENT
GROUP
COACHING
CALLS

THE *She*volve PROGRAM

STARTER PACK

PLUS WEEKLY
ZOOM CHECK-
INS

PLUS UNLIMITED
TEXT AND 1:1
ACCESS

*She*volve WITH ROBYN

ALL FEATURES

PERSONAL
COACHING WITH
ROBYN

READY TO GET STARTED?

THE *She*volve
STARTER PACK

FULL APP
ACCESS

ALL RESOURCES

\$75/MO.

MACROS

GROUP CHAT

ACCESS TO
PRIVATE CLIENT
GROUP
COACHING
CALLS

THE *She*volve
PROGRAM

STARTER PACK

**\$375-\$475/
MO.**

TEXT AND 1:1
ACCESS

*She*volve
WITH ROBYN

ALL FEATURES

\$600/MO.

I CAN'T WAIT TO WORK WITH YOU!

**PLEASE EMAIL ME AT
ROBYN@BODZII.COM WITH ANY
QUESTIONS.**

