

Suzie Sample

Your Clarity Blueprint

Your next-level strategy for food, fitness & focus.



Redefining what's possible with data

YOUR EVOLT 360 BODY SCAN

DATE

06-25-2025 08:51

NAME

Suzie Sample



DOWNLOAD THE
EVOLT ACTIVE APP
GET IT ON the
App Store GET IT ON
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HEIGHT

5 ft 1 in

WEIGHT

187.6 lb

AGE

48

GENDER

Female

YOUR BODY COMPOSITION

1. LEAN BODY MASS KG/LBS

113.3 / High [78.7 - 96.3]

6. BODY FAT MASS KG/LBS

74.3 / High [23.4 - 34.8]

11. VISCERAL FAT LEVEL

15 / Over Range

2. SKELETAL MUSCLE MASS KG/LBS

61.7 / High [43.7 - 53.4]

7. SUBCUTANEOUS FAT MASS KG/LBS/%

63.5 [33.8%]

12. INTRACELLULAR FLUID (ICF) KG/LBS

52.7 [65%]

3. PROTEIN KG/LBS

21.2 / High [15.4 - 19.0]

8. VISCERAL FAT MASS KG/LBS/%

10.8 [5.8%]

13. EXTRACELLULAR FLUID (ECF) KG/LBS

28.9 [35%]

4. MINERAL KG/LBS

10.6 / High [5.7 - 7.1]

9. VISCERAL FAT AREA cm²

140 / High [40 - 80]

14. BMR [BASAL METABOLIC RATE]

1480 kCal

5. TOTAL BODY WATER KG/LBS

81.6 / High [57.5 - 70.3]

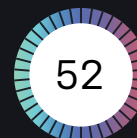
10. TOTAL BODY FAT PERCENTAGE

39.6% / High [20 - 30]

15. TEE (Total Energy Expenditure)

2279 kCal

16. BIO AGE



17. BWI[®] SCORE



18. SEGMENTAL ANALYSIS

UPPER - LOWER BODY BALANCE LEFT - RIGHT

☐ BALANCED ☐ BALANCED
☒ UNBALANCED ☒ UNBALANCED

LEAN MASS <small>KG/LBS</small>	FAT MASS <small>KG/LBS</small>	LEFT ARM
6.24 / High [4.25 - 5.20]	4.94 / High [2.34 - 3.51]	
LEAN MASS <small>KG/LBS</small>	FAT MASS <small>KG/LBS</small>	TORSO
53.04 / High [32.06 - 39.18]	41.18 / High [19.29 - 28.92]	
LEAN MASS <small>KG/LBS</small>	FAT MASS <small>KG/LBS</small>	LEFT LEG
14.90 / High [11.77 - 14.37]	11.97 / High [5.42 - 8.14]	



RIGHT ARM	LEAN MASS <small>KG/LBS</small>	FAT MASS <small>KG/LBS</small>
6.72 / High [4.25 - 5.20]	4.59 / High [2.34 - 3.51]	
19. ABDOMINAL CIRCUMFERENCE	37.6 in (Greater than 35 in)	20. WAIST TO HIP RATIO
		0.93 / High [0.7 - 0.85]
RIGHT LEG	LEAN MASS <small>KG/LBS</small>	FAT MASS <small>KG/LBS</small>
13.93 / Optimal [11.77 - 14.37]	11.60 / High [5.42 - 8.14]	

YOUR NUTRITION

YOUR CALORIE RECOMMENDATIONS AND MACRONUTRIENT PROFILE BASED ON YOUR BODY SCAN AND GOALS.
VISIT THE EVOLT ACTIVE APP TO LEARN MORE ABOUT MACROS AND TAKE OUR LIFESTYLE QUESTIONNAIRE.

21. CALORIES



2279 - 2379

22. PROTEIN (g) (g) (g)



171g - 178g (30%)

23. CARBOHYDRATES



228g - 238g (40%)

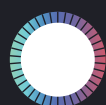
24. FAT



76g - 79g (30%)

YOUR SUPPLEMENT RECOMMENDATIONS

YOUR SUGGESTED STACK IS



FAT LOSS



MUSCLE GAIN



OPTIMAL HEALTH

L-Glutamine
Protein Isolate (Whey or Plant)
Branch Chain Amino Acids (BCAA's)
Greens Powder
Multi-Vitamin
Vitamin B
Lean protein bar snacks
Gut Health Support (Eg. Probiotics)

VISIT THE EVOLT ACTIVE APP FOR MORE INFORMATION.

Note: These suggestions are designed for general guidance only and are not designed to treat or diagnose any condition. They are not to be taken as medical advice and we strongly recommend you seek professional assistance from your Medical or Healthcare Professional.



THE INTELLIGENT BIOSCAN

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ONE-PAGE OVERVIEW DATA SNAPSHOT

Metric	Value	Status	Indicator
Current Weight	187.6 lbs	Needs Improvement	
Goal Weight	140 lbs	47.6 lbs 6-7 months	
Body Fat %	39.6%	High	
Visceral Fat Level	15 (over range)	Critical	
Muscle Mass	61.7 lbs (High)	Excellent	
Total Body Water	81.6 (High)	Good	
Skeletal Balance	Unbalanced	Needs Work	
BMR	1480 kcal	Normal	
Sleep Duration	8 hrs	Good	
Sleep Quality	7/10	Fair	
Activity Level	Light, 5 days/week	Needs Intensity	
Stress Level	8/10	High	
Mental Health	7/10	Fair	
Energy Levels	Average/Tired	Needs Work	
Hydration	1 gallon/day	Excellent	
Nutrition Tracking	No	Missing	
Food Intake	2 meals/day	Potentially Low	
Mindset Readiness	Ready to take action	Excellent	

Green = Optimal/Strong Foundation

Yellow = Caution / Needs Attention

Red = Alert / High Risk Zone



Level 2: Clarity Blueprint Report

Client: Suzie Sample

Scan Date: June 26, 2025

Report Date: June 30, 2025

Welcome to Your Strategic Health Blueprint!

Your body scan has revealed a goldmine of actionable data. This isn't just numbers on a page - this is your blueprint to transformation. We're going deeper than surface-level observations to give you REAL strategies that works.

Your Vital Data Report Revealed

You are a **driven, woman ready to transform**, and your body is giving us clear signals on what's working and what's blocking your breakthrough.

Your Evolt scan shows **amazing lean body mass (high muscle), but elevated body fat (39.6%) and high visceral fat (level 15)** that's holding your energy and progress hostage. Your **bio age of 52 (actual 48)** suggests your body is aging faster than it needs to, largely due to **high stress (8/10) and inflammation**. We see digestive flags like **bloating, reflux, and irregularity**, telling us your gut needs support to help your body release fat.

You're getting **8 hours of sleep and staying hydrated (rock star status here)**, but your tiredness and low-to-moderate activity levels show your body needs structured, progressive training to fully ignite your metabolism and preserve your muscle as you lose fat.

You've got the heart, the faith, and the readiness. Now we need to align your **mind, body, and spirit with the right systems** so stress and cortisol no longer block your progress. Your body is ready to respond, Suzie. We just need to clear the

internal roadblocks, reduce inflammation, and build consistency to help you **step fully into the strong, resilient, happy, and confident woman you see in your future.**

It was recommending in your Vital Snapshot report that you focus on the following three things to start with.

1. Structured Nutrition
2. Structured Fitness
3. Cortisol/stress reduction

Strategic Transformation Plan

1 Structured Nutrition Plan: Stabilize, Reduce Visceral Fat, Preserve Muscle

Objective:

- ✓ Reduce visceral and total body fat while preserving lean muscle.
- ✓ Stabilize blood sugar to lower cortisol spikes and stress-driven fat storage.
- ✓ Reduce bloating, reflux, and digestive challenges.
- ✓ Support bio age reduction and energy improvement.

Daily Nutrition Targets:

- **Calories:** 1700–1800 kcal/day (mild, sustainable deficit).
- **Protein:** 110–130g daily (~0.8g per lb lean mass).
- **Carbs:** 120–150g (veggies, low-glycemic fruits, whole grains).
- **Fats:** 55–65g (avocado, olive oil, nuts, seeds).
- **Hydration:** Continue 1 gallon/day.
- **Meal Frequency:** Shift to **3 meals/day** to stabilize insulin and support digestion.

Nutrition Program Options: Choose Your Structure

Suzie, you don't need another random diet—you need a **structure that removes guesswork and keeps you moving forward with confidence**. Based on your goals, here are **4 programs that align with your Clarity Blueprint**:

✓ **1. R3 Program (Melaleuca)** – For women ready for **phased structure** while aligning mind, body, and spirit. Ideal if you need clear guidelines while still eating real food, managing stress, and stabilizing blood sugar to drop visceral fat while preserving muscle.

✓ **2. Mediterranean Style Whole-Food Plan** – Perfect for a sustainable, anti-inflammatory, heart-healthy approach prioritizing veggies, lean proteins, healthy fats, and moderate carbs. Great if you want structure with flexibility and variety.

✓ **3. Macro-Based Flexible Nutrition Plan** – For clients wanting flexibility while maintaining accountability. You track calories and macros within your targets while enjoying a variety of foods, which aligns with your data-driven mindset and desire to learn sustainable habits.

✓ **4. Whole30 (Modified)** – A 30-day reset focused on whole, nutrient-dense foods to reduce inflammation, identify food sensitivities, and improve digestion. Great if you want a strict, short-term reset before transitioning into a sustainable approach.

Why R3 May Be the Best Fit for You:

Suzie, you've shared you're **ready to take the next step** but have struggled with **unrealistic diets, lack of structure, and stress blocking your goals**. The R3 Program is designed specifically for women in your season: wanting to lose fat while preserving muscle, aligning mind, body, and spirit, and needing a proven, structured system that fits real life without overwhelm.

R3's **phased approach** will:

- ✓ Remove meal decision fatigue.
- ✓ Support blood sugar and digestion.

- ✓ Fit around your work and home schedule.
- ✓ Align with your faith, desire to feel strong, resilient, and content.

You don't need to keep piecing it together alone, Jane. **The R3 Program can give you a clear, structured foundation to move confidently from “trying” to achieving—without second-guessing yourself.**

Integration Steps:

- ✓ Track using Cronometer or MyFitnessPal to hit your targets.
- ✓ Batch cook proteins and veggies for convenience.
- ✓ Use your water intake to reduce false hunger signals.
- ✓ Pair with your **resistance band workouts** and **zone 2 cardio plan** for full-body integration.
- ✓ If choosing R3, follow the **three-phase structure** seamlessly within your day.

2 Structured Fitness Plan: Build Strength, Mobilize, and Burn Fat

Objective:

- ✓ Increase lean muscle to boost metabolism and support fat loss
- ✓ Reduce visceral fat and bio age through consistent, sustainable training
- ✓ Improve flexibility, skeletal balance, and mental resilience

Recommended Weekly Framework:

- **3 days/week Resistance Training (1-hour sessions)**
- **2 days/week Zone 2 Cardio (walking, incline treadmill, cycling, etc.)**
- **Daily 10-minute mobility routine (post-work or post-exercise)**
- **Optional recovery: stretching, cold plunge 1–2x/week, red light therapy**

Suzie, this is your **blueprint to move confidently toward your goals** without confusion or overwhelm. Building muscle will help boost your metabolism, reduce visceral fat, and improve your bio age, while daily movement will enhance flexibility, skeletal balance, and stress resilience.

Your Clarity Blueprint report gives you this framework, and you can implement it immediately on your own. However, based on your data and the need for structured support to stay consistent, I highly recommend considering our **Group Resistance Bands Agility Workout** as your next step.

This class meets **Monday, Wednesday, and Friday** in the park and provides **fun, community-based, structured resistance and agility training** that aligns perfectly with your goals. It will help preserve and build lean muscle, improve balance and mobility, and reduce stress while increasing confidence and energy—all while being budget-friendly and scalable to your fitness level.

For **Tuesdays and Thursdays**, add **intentional Zone 2 cardio sessions** (brisk walking, incline treadmill, or easy cycling) to build your aerobic base and optimize fat-burning while supporting recovery and stress management.

Integration Tips:

- ✓ Start with what you can do now; perfection isn't required—consistency is.
- ✓ Use simple tracking (calendar, journal, or app) to stay accountable.
- ✓ Allow progression and flexibility as your strength and endurance increase.

Whether you choose to implement this plan solo with your Clarity Blueprint or decide to add structured support with our group class, **you now have a clear, actionable fitness roadmap to help your body transform, reduce visceral fat, and build the strong, resilient, confident future you deserve.**

3 Stress Reduction Plan: Cortisol Control to Reduce Visceral Fat

Objective:

- Reduce cortisol to decrease visceral fat storage.
- Improve sleep quality and recovery.
- Enhance mental resilience and alignment with values.

Daily Stress Management Protocol:

✓ Morning (5-10 min):

- Breathwork (box breathing, 4-4-4-4) while praying or gratitude reflection.
- Intention setting: “Today I choose calm, strength, and health.”
- (Bonus) 5 min grounding or fresh air and sunlight as often as possible

✓ Midday (2-5 min):

- Deep belly breathing while stepping outside or near a window.
- Light stretching if seated long hours.
- (Bonus) 3-10 min Mindful disconnected decompression walk as often as possible

✓ Evening (15 min):

- Journaling: Write 3 wins and 3 gratitudes from the day.
- 5-10 min prayer meditation or faith reflection before bed.
- Screen down 30 min before sleep to improve quality.

Weekly:

- Cold plunge or warm Epsom salt bath (2x/week) for stress recovery.
- 1 walk in nature weekly, focusing on breathing and presence.
- Sunday faith connection and reflection on wins + adjustments.

Integration with Nutrition & Training:

- Pre/post workout breathing reduces cortisol spikes from workouts.
- Meal structure reduces blood sugar swings that trigger cortisol.
- Mobility and stretching double as mindful recovery time.

4 Supplementation

Suzie, supplements aren't magic pills, but they can powerfully support your journey when paired with a strong foundation of nutrition, movement, and stress management. Your body is asking for support in areas like stress reduction, inflammation, gut health, and energy production, and targeted supplements can help bridge gaps while your lifestyle shifts take root. Think of supplementation as reinforcements for your mind, body, and spirit, helping you reduce cortisol, balance digestion, and protect muscle as you lose fat.

Primary Goals:

- 1 To be healthy in mind, body, and spirit**
- 2 Reduce visceral fat, total body fat, and weight (goal: 140 lbs)**
- 3 Increase energy, reduce tiredness**
- 4 Preserve/build lean muscle mass**
- 5 Reduce stress (currently 8/10) and manage cortisol**
- 6 Improve digestion (bloating, reflux, irregular BMs)**
- 7 Lower bio age and inflammation**

Targeted Supplement Recommendations

Suzie, to support your primary goals of **reducing visceral fat, maintaining lean muscle, and lowering stress**, consider adding these **targeted supplements** to amplify your nutrition and training plan:

✓ **Magnesium Glycinate (200–400mg at night)**

Helps lower cortisol, calms the nervous system, improves sleep quality, and reduces muscle tension, supporting recovery and stress reduction as you train.

✓ **Omega-3 Fish Oil (1000–2000mg EPA/DHA daily)**

Supports fat metabolism, reduces inflammation, and may aid in reducing visceral fat while protecting brain and heart health as you work toward your body composition goals.

✓ **Berberine (500mg 1–2x/day with meals)**

Supports blood sugar stability and insulin sensitivity, which can help lower cortisol spikes and reduce visceral fat storage while preserving lean muscle during a fat loss phase. Comparable to a GLP-1 but a natural product.

✓ **Glucose Control + Crave Blocker (per label instructions)**

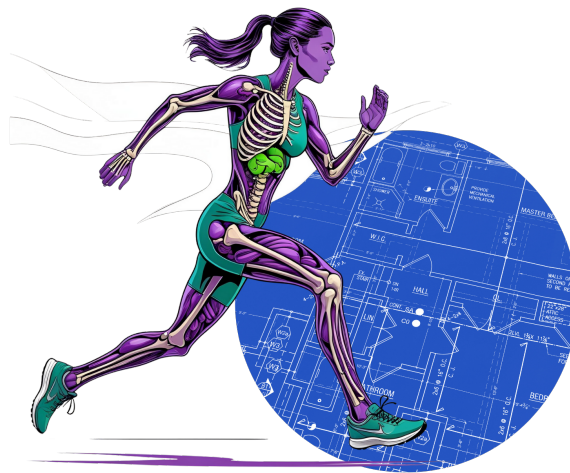
Helps stabilize blood sugar, reduce cravings, and support healthy insulin levels, keeping energy steady and reducing stress-related snacking that can stall visceral fat reduction.

✓ **High-Quality Protein Supplement (20–30g per serving, 1x/day as needed)**

Choose a **grass-fed whey isolate or plant-based protein powder** to help you hit your daily protein target (110–130g), preserve lean muscle while in a calorie deficit, reduce cravings, and support post-workout recovery. This will keep you full, stabilize blood sugar, and aid in muscle maintenance during your fat loss journey.

Final Notes:

- ✓ You are ready, and this plan respects your faith, your readiness, and your commitment to your future self.
- ✓ The high stress and cortisol have been your hidden blockers—by aligning nutrition, training, and stress reduction, you will reduce visceral fat while preserving your muscle, improving energy, and lowering your bio age.
- ✓ You do not need to be perfect. Consistent small actions will compound into the strong, resilient, confident, content woman you envision.
- ✓ Don't hesitate to rely on your coach for mindset work as needed.



Recommended Support (Optional)

Suzie, your **Clarity Blueprint Report (\$99)** stands alone and gives you a clear roadmap to work on your own if that's the pace you want to take. You have everything you need to begin moving forward, and I trust you will take action in alignment with your goals.

However, based on your desire for structure, accountability, and simplicity, **you don't have to go at this alone** if you don't want to. If you're ready to turn your Clarity Blueprint into **consistent action, faster progress, and sustainable results**, here's what I recommend:

Clarity Blueprint + Support Plan – \$200/month (Optional)

- ✓ Monthly Evolt scan (paid directly to the provider)
- ✓ Level 2 Clarity Blueprint report (Month 1 deep dive)
- ✓ Monthly scan progress report with personalized coaching review
- ✓ Two bi-monthly accountability coaching calls
- ✓ Unlimited message support for encouragement, troubleshooting, and quick questions



This ensures ongoing feedback, adjustments, and mindset support while we fine-tune your **nutrition, training, and stress management**.

Clarity Blueprint + Support + Personal Training

One-on-one Personal Training

- ✓ Add personal training @ **\$40/session** (normally \$70/session).
- ✓ Fully integrated with your Clarity Blueprint plan for accountability, form coaching, and faster results.

Group Fitness – \$120/month (when available)

- ✓ Add group fitness @ **\$10/session**
- ✓ Fully integrated with your Clarity Blueprint plan for accountability, form coaching, and faster results.

**“You can have excuses or
your can have results but
you can’t have both”**



Your Health & Fitness Strategist & Transformation Partner

— **Darrell MacLearn** Owner | proACTIVE Mobility

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This report is based on your body composition scan data and general health guidelines. Always consult with healthcare professionals for medical advice.

