

# #ViCommit

Promotion period: January 1 - March 31, 2017 | Full details at [viconmit.vi.com](http://viconmit.vi.com)

Vi is committed to helping you reach your health goals, and its been proven that making a personal commitment can more than **triple** your success rate!  
That's why we've made it simple and fun...

## WHAT TO DO NOW

- STEP 1** Fill in your health commitment and **select a 90 day, 6 month, or 1 year timeframe.**
- STEP 2** **Set your stakes** of what will happen if you do or don't accomplish your commitment, and **select a referee** to hold you accountable.
- STEP 3** Sign your contract and go public on social media! Be sure to use **#ViCommit** with a photo, video, or have some real fun using **Facebook Live!**
- Remember to @tag your referee!**

 Vi  visalus  visalus Post with **#ViCommit**



## GET 200 Vi POINTS

On completion of your first 90 days, Vi will award you an additional **200 FREE Vi Points!**

### Here's how to qualify:

- Be a Vi Premier Customer with a Monthly Delivery order for 3 consecutive months between January 1 -June 30, 2017.
- Post Day 1 photo, video, or Facebook Live with contract, plus updates on Day 30, 60, and 90 using #ViCommit
- After 90 days, submit your story & photos at [enter.vi.com](http://enter.vi.com) (Body by Vi Challenge) or at [family.vi.com](http://family.vi.com) (Vi Family Challenge)

\*Open to all new & existing Vi Customers & Promoters in all Vi Markets



## HERE'S SOMETHING ELSE TO FEEL GREAT ABOUT!

When you submit your Day 90 results, Vi will celebrate your success by donating 90 days of snacks to a Boys & Girls Club or other Vi Cares charity partner on your behalf.



**BOYS & GIRLS CLUBS  
OF AMERICA**

# I COMMIT to

---

in  90 DAYS  6 MONTHS  1 YEAR

**if** |  DO  
 DON'T | **will**

---

X

sign

/

date



**#ViCommit**

## DAY 1

Congratulations! Welcome to Day 1 with #ViCommit!

### INSTRUCTIONS

#### Take your Day 1 Photo

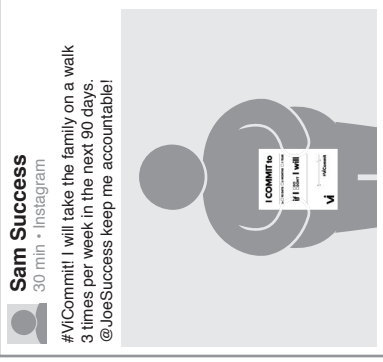
- Remember: Your Day 1 Photo is not for posting on Day 1, but rather to save and later combine with your Day 30, 60, and 90 photos to show your progress!
- Hold up the Day 1 card that you can find on the next page or back of this page you are holding.

#### Go Public with your Commitment

Follow the steps on the first page of this document to sign your commitment, set your stakes, and go public using #ViCommit!

**#ViCommit**  
vicommit.vi.com

#### EXAMPLE POST



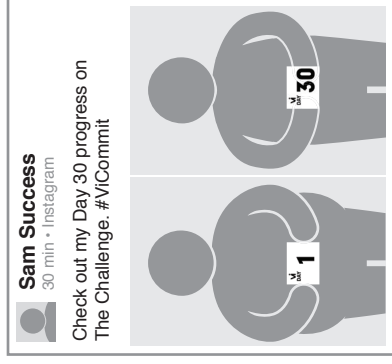
## DAY 30

Way to go — you're 30 days closer to your goal! #ViCommit

### INSTRUCTIONS

- Take your **Day 30** photo holding this card.
- Face forward. Take a full-body photo. Include your face.
- Post your progress. Show your **Day 1** and **Day 30** images on social media. Tag #ViCommit

#### EXAMPLE POST



**#ViCommit**  
vicommit.vi.com

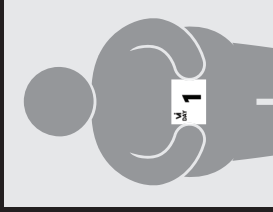
**FREE PRODUCT!**

Simply help 3 people join you on The Challenge and your next Monthly Deliver order could be FREE!



**FREE**  
3forfree.vi.com

#### TAKE THIS PHOTO



#### TIPS

- Hold your camera (or phone) vertically.
- Plan on wearing the same/similar outfit for every progress photo.
- Stand in front of a well-lit, solid-colored wall.
- Face forward and take a full-body photo, including your face.
- Be sure to include your whole family if you are setting a Family #ViCommit goal.

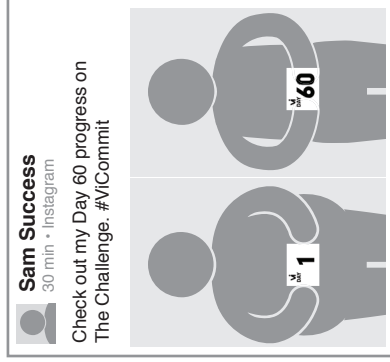
## DAY 60

Looking good! Only 30 days left Vi Premier Customers can even earn 200 Vi Points. Check out what you can redeem them for at [viprewards.vi.com!](http://viprewards.vi.com)

### INSTRUCTIONS

- Take your **Day 60** photo holding this card.
- Post your progress. Show your **Day 1** and **Day 60** images on social media. Tag #ViCommit

#### EXAMPLE POST



**#ViCommit**  
vicommit.vi.com

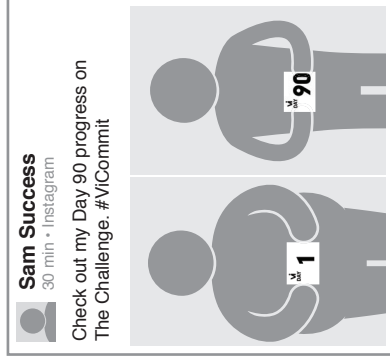
## DAY 90

HURRAY! You've completed your 90-Day Challenge. Just complete the steps below to enter for a chance to win!

### INSTRUCTIONS

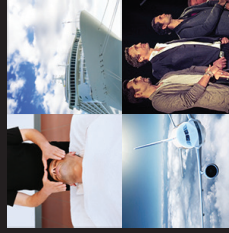
- Take your **Day 90** photo holding this card.
- Post your progress. Show your **Day 1** and **Day 90** images on social media. Tag #ViCommit
- Submit your results at [enter.vi.com](http://enter.vi.com) (Body by Vi 90-Day Challenge) or at [family.vi.com](http://family.vi.com) (Vi Family Challenge) using your Day 1 and Day 90 images.

#### EXAMPLE POST



**#ViCommit**  
vicommit.vi.com

## VIP REWARDS



#### Did you know?

You can earn free products, VIP Gear, and exclusive experiences just by inviting others to The Challenge?

**Live the Vi Life.  
Reap the Rewards.**

[viprewards.vi.com](http://viprewards.vi.com)

**WIN BIG**

Enter your 90-Day Challenge results for the chance to be a Champion and win amazing prizes!

[enter.vi.com](http://enter.vi.com)  
[family.vi.com](http://family.vi.com)

**V!**  
**DAY**

**30**

**V!**  
**DAY**

**1**

**V!**  
**DAY**

**90**

**V!**  
**DAY**

**60**