NUTRITIONAL WELLNESS SUMMIT

ENGAGEMENT PROGRAM GUIDE

WIN GREAT REWARDS & PRIZES BY ACTIVELY INTERACTING & ENGAGING IN THE SUMMIT

OVERVIEW

The Nutritional Wellness Summit is to be the event of the year for those who are concerned about taking responsibility for their health and wellbeing by optimizing their nutrition.

I am committed to ensuring that the Summit is rewarding for you and to help encourage you to get the full value possible from participating I have put together a reward program to incentivize and reward you for interacting and engaging throughout the Summit.

To take part in the Nutritional Wellness Engagement Program there are only three requirements:

1. You need to be registered in the Summit
2. You need to be a member of our Facebook group: https://www.facebook.com/groups/nutritionalwellnesssummit
3. You actively engage and interact during the Summit

Nothing more than this.

If you are up to the challenge and take part in our Engagement Program you will have the chance to win over **$2700 in amazing prizes** thanks to our sponsors Inside Tracker, Joya, Energybits and Interval Weight Loss

To learn about our engagement program head over to:
https://nutritionalwellnesssummit.com/engagement/

WHAT ARE THE PRIZES?

We have put together an amazing range of prizes with our total prize pool being valued at $2700. You will have opportunities to win signed copies of books from our speakers, free eBooks and guides, Wellness Life merchandise inclusive of water bottles, baseball caps and T-Shirts and some great services and product packs from our sponsors InsideTracker, Joya, EnergyBits and Interval Weight Loss.

Here, below you can see all the amazing prizes part of our Engagement Program Prize Package:

DAILY PRIZES

Our daily prizes will include:

- Wellness Life Merchandise (T-Shirts, Baseball Caps and Water Bottles)
- 30 Day Veggie Challenge Guide & Recipe e-book
- Live a Legendary Life 230-page e-book Guide
- You will also have a chance to win books from some of our speakers on the day of their session:
    - Teri Cochrane: **The Wildatarian Diet**
    - Dr Melina Jampolis: **Spice Up Live Long**
    - Daniella Chace: **Healing Smoothies for Cancer**

OUR SPONSOR PRIZES

INSIDETRACKER PRIZES

1 X Ultimate 2.0 - Value: $589

- Tests a whopping 43 total biomarkers, covering everything from hormonal health to inflammation markers, muscle health and recovery, liver health, stress markers and more
- iOS/Android/Garmin/Fitbit integration
- InsideTracker's Ultimate plan is the "secret weapon" of a slew of elite strength and endurance athletes
- Ultimate is the best plan for true life performers and wellness junkies who want the full picture, plus a science-backed action plan to amplify the priorities that matter most

1 X Inner Age 2.0 - Value: $249

- Tests 14 biomarkers in females and 18 in males most closely correlated to longevity, assigning a biological age as a goal to work towards.
- Manage your Action Plan via iOS or Android
- Sync with Garmin or Fitbit for even more customization and daily ProTips.
- Dr David Sinclair is chair of InsideTracker's science advisory board and Dr Andrew Huberman is among InsideTracker/InnerAge users and fans, so it's got great validation among the scientists trusted by longevity and cognitive hackers

ENERGY BITS PRIZES

4 packs – Bits® Sample Pack of 120 Tablets (30 per brand). **Value each: $25 - Total Value: $100**

JOYA PRIZES

1 pack - JOYÀ Adaptogenic Immunity Bundle & Handheld Frother. **Value: $122**

INTERVAL WEIGHT LOSS PRIZES

interval weight loss

2 x Yearly Plans – Stepped Scientifically Based Sustainable Weight Loss Plan developed by leading weight loss Experts. **Value each: $264 - Total Value: $528**

WHAT'S INCLUDED IN OUR ENGAGEMENT PROGRAM?

SUMMIT BINGO

By going to the Summit engagement page you will be able to download 2 Bingo Cards. One for each of the weeks of the Summit. Each card will have a number of interaction and engagement activities for you to perform and that you will have to cross of on your BINGO card.

To get Bingo you will need to be able to cross of 5 activities in a column up/down, in a row or diagonally.

How it Works

Each day of the summit, we'll post in the Facebook group with that day's daily prize options and invite you to post a picture or screenshot of your BINGO card in the bingo thread to win.

We'll randomly choose one person who get's BINGO to win that day's BINGO prize.

You will have 2 BINGO cards to use throughout the Summit, one for each week of the Summit.

For more information download your Summit BINGO Cards on the Summit engagement page: https://nutritionalwellnesssummit.com/engagement/

Prizes

Prizes will be of:

- Wellness Life Merchandise (T-Shirts, Baseball Caps and Water Bottles)
- 30 Day Veggie Challenge Guide & Recipe e-book
- Live a Legendary Life 230-page e-book Guide

DAILY SUMMIT TAKEAWAYS

By going to the Summit engagement page you will be able to download your Summit Takeaways form. One page for each day of Masterclasses and Bonus Masterclasses. You will need to complete this and take a photo/scan it and post to the Facebook group.

To get Bingo you will need to be able to cross of 5 activities in a column up/down, in a row or diagonally.

How it Works

Each day of the summit, we'll post in the Facebook group with that day's daily prize options and invite you to post a picture or screenshot of your Summit Takeaway in the Summit Takeaway thread to win.

We'll randomly choose one person to win that day's prize.

For more information download your Summit Takeaway form on the Summit engagement page: https://nutritionalwellnesssummit.com/engagement/

Prizes

Our daily prizes will include:

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    - Teri Cochrane: **The Wildatarian Diet**
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    - Daniella Chace: **Healing Smoothies for Cancer**

SUMMIT REFERAL PROGRAM

Share the Nutritional Wellness Summit with your friends, family and network. Anyone who you think would get value out of the Summit. Help us help more people to have access to the factually based information they need to make the best nutrition choices for optimal health and wellbeing.

How it Works

By registering for the Summit, you have been automatically entered in our referral program. To start sharing you should:

- Use the unique referral link you will find in all our emails to you.
- Go to this url: https://nutritionalwellnesssummit.com/share/ and enter the email you used to register for the Summit, click status and you will be able to your unique referral ID here and start sending emails and social media messages using your unique referral ID right from this page.

To be eligible to win the rewards and prizes:

- You must share using the **unique referral ID** provided on this page and in the emails you receive from us
- You must have a minimum of **3 referrals**

The more people you refer the more rewards you unlock and you will increase your chance of getting additional prizes.

Referral rewards will be unlocked immediately as you meet referral milestones.

Our top referrer winners will be announced on **November 9th**.

Prizes & Rewards

It only takes a minute or two of your time and there are the following awesome rewards and prizes for giving your friends a free ticket to the Summit.

Our Rewards:

- **2 referrals = Reward #1:** 30 Day Veggie Challenge Recipe e-book to help you get started eating plant-focused. *(Value: **$9.95**)*
- **5 referrals = Reward #2:** Audio & Video versions of 6 FAQ Sessions & Speaker Roundtable Session from the Wellness After 40 Summit. ***(Value: $49)***
- **15 referrals = Reward #3:** 8 Nutritional Wellness Bonus Masterclass Sessions – Audio, Video and Presentations ***(Value: $49)***
- **25 referrals = Reward #4:** Audio recordings in MP3 format of all 50 expert masterclass sessions from the Wellness After 40 Summit. ***(Value: $49)***
- **50 referrals = Reward #5:** Transcripts of all 50 expert masterclass sessions from the Wellness After 40 Summit. ***(Value: $49)***
- **75 referrals = Reward #6:** Wellness After 40 Summit Empowerment Package (all 50 masterclass videos, 12 workout sessions and 12 cooking classes) ***(Value: $197)***
- **100 referrals = Reward #7:** Nutritional Wellness Summit Empowerment Package (all 40 masterclass videos, audio and transcripts) ***(Value: $197)***

Plus Our Top Referrer's will win Prizes:

- **1st Prize:** 1x Wellness Life Kit (**value: $79**) and 1x Wellness After 40 Summit Empowerment Package (**value: $197**). **Total Value: $276**
- **2nd Prize:** 1x Wellness Life T-Shirt (**value: $27**) and 1x Wellness After 40 Summit Empowerment Package (**value: $197**). **Total Value: $224**
- **3rd Prize:** 1x Wellness After 40 Summit Empowerment Package (**value: $197**). **Total Value: $197**

TOP SUMMIT ENGAGERS GRAND PRIZE

Throughout the Summit all registered for the Summit will encouraged to interact and engage and earn points for their engagement activities.

The top Summit Engagers, those who have the greatest levels of activity during the Summit, and earn the most points will have an opportunity to win one of the Grand Prizes.

ENGAGEMENT POINT SYSTEM

Points are earned based on the type of engagement activity performed and are based on the Summit Engagement Point System:

WELLNESS AFTER SUMMIT POINT SYSTEM		
	ENGAGEMENT ACTIVITY NAME	**POINTS**
1	Registering for Wellness After 40 Summit	20
2	Attending Summit Live Kick Off	20
3	Joining Facebook Group	10
4	Introducing yourself in Facebook Group (video)	30
5	Attending a day's masterclasses	10
6	Commenting on a day's masterclass	10
7	Participating in a Wellness Kitchen Session	10
8	Completing your Benchmark Report & Posting to Group	30
9	Completing Daily Summit Takeaways & Posting to Group	30
10	Sharing about Summit on Instagram	30
11	Inviting people into the Summit (per person)	10
12	Attending Bonus Masterclass Sessions	10
13	Answer a Question of the Day in FB Group	10
14	Completing Post Summit Survey	50

ENGAGEMENT TRACKING

You will need to track your engagement using the **Engagement Tracker Spreadsheet**. Each day in the first worksheet **Engagement Tracker** you will enter the number of times you performed an engagement activity. The spreadsheet will then automatically calculate your points.

In the **Summary Worksheet** you will see the total points you have earned for each activity over the course of the Summit.

Winners will be selected based on those who have earned the most points.

To be eligible to win you will need to be:

1. Registered for the Summit
2. Be a Member of the Summit Facebook Group
3. Submit your Engagement Tracker Spreadsheet and your username/Instagram handle so we can confirm your activities by **November 8th**.

We will do our very best to vet to the winners before announcing our winners and if we are not able to verify the points calculated we will look at the next person with the most points.

OUR TOP SUMMIT ENGAGER'S PRIZES

Prizes are awarded based on the people with the most points and there will be 3 winners.

FIRST PRIZE:

- **1 X** Insider Tracker Ultimate 2.0 **Value: $589**
- **1 x** Interval Weight Loss Annual Membership. **Value: $264**
- **1 x** JOYÀ Adaptogenic Immunity Bundle & Handheld Frother. **Value: $122**
- **1 x** One Energy Bits Bits® Sample Pack. **Value: $25**
- **1 x** Wellness Life Kit. **Value: $79**
  Total Value: $1079

SECOND PRIZE:

- **1 X** Insider Tracker Inner Age 2.0 **Value: $249**
- **1 x** Interval Weight Loss Annual Membership. **Value: $264**
- **1 x** One Energy Bits Bits® Sample Pack. **Value: $25**
- **1 x** Wellness Life Kit. **Value: $79**
  Total Value: $617

THIRD PRIZE:

- **1 x** One Energy Bits Bits® Sample Pack. **Value: $25**
- **1 x** Wellness Life Kit. **Value: $79**
  Total Value: $104

GOOD LUCK. THANKS IN ADVANCE FOR MAKING THE SUMMIT A SUCCESS. I LOOK FORWARD TO SEEING YOU ENGAGING IN OUR FACEBOOK GROUP.