

What You Need To Know

The Annie Sutton Wellness Ambassador Program is an opportunity for you to not only change your life, but to influence others to change their lives.

You will reach your mind-body wellness goals while building important habits that will benefit your health for a lifetime.

I have had the privilege of helping nearly 100 women reach their goals, some of whom found me through one of their friends sharing my posts on their own feeds.

"If Lauren hadn't shared your post, I never would have found this program. I would still be stuck where I was and confused about how to reach my goals. I'm so glad I started doing this- I've made changes this year that I didn't know were possible. I feel better than ever!"

- Name withheld

You could have people in your circle *right now* who are searching for answers. By going on your own wellness journey and openly sharing it, you could greatly impact someones life for the better.

Deliverables

- **2 instagram stories per week**

- These stories can be a video or static post. They must pertain to your experience with the program, results you are seeing, features you like, or something you are doing day-to-day.
- @anniesutton_wellness must be tagged and your account must be public so I can share
- Wording, music, and images must adhere to the "Content Guidelines"

- **2 testimonial videos**

- Two videos that are formatted as follows
 - Hook
 - Your experience
 - Call to action
- The videos can discuss similar things but should be slightly different. See the "Example Deliverables" link in your ambassador portal for more info.
- Videos should adhere to the "Content Guidelines"
- Videos should be 30-60 seconds in length
- Videos should be recorded in good lighting looking clean and cute ;)
- The viewer should be able to see that you are holding the camera "selfie style"
- If you need help scripting the video, let me know! I'll help you think of a great hook!
- These videos will be due sometime in your last month.

- **1 Written testimonial**

- You will be sent a google form with various questions sometime in your last month on the program.
- Your testimonial should be honest and include how you felt before doing the program, how your experience went, and how you felt after.

- **Before/after pictures**

- These pictures will pertain to the goals you are working on. You should decide with me (Annie) before you start the program what the nature of your before/after pictures should be.
- These should include images from the week you start and the week you end, but may also include progress pictures along the way.

- **Be 80% or more adherent to the plan**

- In the app, I can see how many workouts you have logged and how many tasks you check off each day. I will count each item (tasks and workouts) with the same value and take a percentage of what is complete.
 - Example: 18/20 tasks and 6/7 workouts = $24/27 = 88\%$

Expectations & Tracking

It is your responsibility to track your program progress in the app. My responsibility is to track your deliverables in a google doc linked on the front page of the ambassador portal.

Because many of you are my friends, I am going to have to dig deep and be a hard-A or else I'm at risk of going easy on everyone and losing my own precious time and money. So, I am going to put on my big-girl, boss-babe pants and hold you to your deliverables.

If the deliverables aren't met one week, talk to me and I'll give you one second chance. After that, I'll have to keep your deposit for the month. We will all be professional, respectful, and understanding so we can maintain a wonderful relationship outside of business.

The Program

The program you do will be whichever one of my various programs aligns best with your goals. We will decide on the program together and make needed customizations.

You will access the program in my app called "Everfit". To access it,

1. Purchase the "Ambassador Program" in the Ambassador Portal
2. Sign the contract
3. Await the link in your email from "Everfit" (be sure to check your spam)
4. On the start date, you will see your workouts and tasks show up. Be sure to explore the resources in the app and do your pre-work!

The Nitty-Gritty

Contract Overview

When you sign the contract you are agreeing to:

- Pay \$90 per month for 3 months
- Deliver 2 testimonial videos, 1 written testimonial, 2 weekly stories on your own account, and before/after pictures (as specified with your coach). The testimonials must be delivered within a week of the 3 month program ending.
- If you are 80% or more adherent to your plan, you will be refunded the full \$90 on the 25th of each month.
- Adhering to the "Content Guidelines" in all deliverables

I am agreeing to

- Providing a wellness program including daily habits, workouts, and resources delivered in the Everfit app
- Providing virtual coaching which involves regular communication over messaging in the Everfit app.
- Customize your plan as needed to fit your goals
- Hype you up and help you become the best version of you!!!

You can view the full contract in the Ambassador Portal

Annie Sutton Wellness is a relatively new, baby business. Although you are not contracted to do so, I would appreciate hearing your feedback on the program, the app, the resources and my coaching as we go through the program.

Most importantly, when you see a typo, help a sista out and send it over!

I am so excited to work with you! This is going to be an amazing journey and I can't wait to get started.

A handwritten signature in black ink that reads "Annie". The signature is written in a cursive, flowing style with a large, decorative initial 'A'.