

Release Stubborn Fat – Adrenal Edition

If stress feels like it has hijacked your body, you’re not imagining it. This program supports cortisol balance, nervous system safety, and recovery so your body can finally let go.

(See Video)

Congratulations on Taking a Huge Step 🎉

You’ve already taken a powerful step forward. By now, we hope you’re feeling more empowered than frustrated — with real insight into why this stubborn fat exists and a compassionate path to help your body release it.

This program is supportive, flexible, and joyful. There is no punishment here — only learning, experimenting, and celebrating progress

You are here because you chose understanding over frustration. This program is designed to help you work *with* your body — gently, realistically, and joyfully — to support liver health and release stubborn fat.

There is no perfection required. Awareness, compassion, and consistency are the real wins.

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Week 1: Assess Your Current State

This week is about awareness — not fixing.

 **Companion Video – Key Learning & Encouragement**

Week 1: Assess Your Current State

This week is about awareness — not fixing.

Understanding where you are now helps your body feel safe enough to change.

Your Focus This Week

Be clear on you WHY → clear on the value and motivation supports change

Be clear on your current state → helps identify path to achieve all desired state

Be clear on readiness → ensure your plan matches your availability and priorities

Clarify weight-loss goals and pace → an important component for many with stubborn fat

Review of Support Cheat Sheet and note tools/supplements → an important resource

Day 1

Intention

Current State Assessment

Visualization

Day 2-4

Daily 5-minute Journaling

Day 5

End of Week 1 Current State Assessment

Self-Assessment - Time and Readiness

Weight Loss Goals (if any)

🌟 Day 1 - Weekly Intention

(Example: Be Kind to myself, do not be stressed, embrace Joy)

😊 Day 1 - Current State Assessment

How much change do I think I need to reach my goals (scale of 1-10):

How many pounds do I wish to lose, if no pounds and only stubborn fat enter 0:

If my body lost weight without being stubborn, how many weeks would it take me:

How much time a day or week can and will I spend on efforts to release stubborn fat:

How motivated am I to make the changes needed to release stubborn fat (1-10):

🌀 Day 1 - Visualization

🔍 Visualization Part 1: If Stubborn Fat keeps getting worse... What is the impact on All Parts of Your Life, What does That Feel Like?

How does this negatively impact each area of your life, relationships, money, confidence, energy, clothing? How does it make you feel? How much will it impact your health, freedom, security, fun and Joy1?



Visualization Part 2: One Action Toward Change



Visualization Part 3: Life After Reaching My Goal

How does this improve each area of your life? How much Joy will you feel? How much freedom, security, fun will it provide?

Days 2, 3 and 4 - Daily 5-Minute Journaling

Gently notice anything that may be supporting or challenging your liver this day. No judgment — awareness itself is healing.

Day 5 - End of Week 1 Current State Assessment

How much change do I think I need to reach my goals (scale of 1-10):

How many pounds do I wish to lose, if no pounds and only stubborn fat enter 0:

If my body lost weight without being stubborn, how many weeks would it take me:

How much time a day or week can and will I spend on efforts to release stubborn fat:

How motivated am I to make the changes needed to release stubborn fat (1-10):



Time & Readiness Assessment



Weight Loss Goals (Fast / Slow / Not the Focus)

Week 2: Create Your Plan – Customized for YOU

This is your practice week. Small, joyful wins matter more than intensity.

 **Companion Video – Key Learning & Encouragement**

Week 2: Create Your Plan – Customized for YOU

This is your practice week. Small, joyful wins matter more than intensity.

Day 1

Intention

Create a 1-week Test Plan

Day 1-5

Track Goals vs Actual

Day 5

End of Week Reflection

Your Focus This Week

Create a Test Plan  see what works, what needs to be adjusted

Track Plan vs Actual  this provide valuable feedback

Assess Needed Changes to Plan  ensure your plan matches your availability and priorities

Clarify weight-loss goals and pace  an important component for many with stubborn fat

Review of Support Cheat Sheet and note tools/supplements  an important resource

🌟 Day 1 - Weekly Intention

(Example: Be Kind to myself, do not be stressed, embrace Joy)

My Plan for This Week (Meals • Activities • Supplements)

	Plan	Actual
Meals		
Supplements		
Activities		
Other		

📅 Daily Goals & Results (Mon–Sun)

	Plan	Actual
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Weekly Wins & Reflections

Even if you just learned something about yourself, that is a win! keep going

I am proud of myself because...

Things I would like to do differently next week...

Week 3: Build Your 5-Week Plan

Plan with confidence and flexibility

 **Companion Video – Key Learning & Encouragement**

Week 3: Build Your 5-Week Plan

Plan with confidence and flexibility. This week is about Planning and tracking

Day 1

Intention

Create Your Plan – Create a 5-week plan

Day 1-5

Track Goals vs Actual

Day 5

End of Week Reflection

Your Focus This Week

Create a Plan  commit, be accountable

Create Easy Goals and Bonus Goals  Set yourself up for success, do not over commit

Align Your Plan with Joy  Finding Joy makes everything better

Celebrate Small Wins  you deserve it and it supports success

 **Day 1 - Weekly Intention**

(Example: Be Kind to myself, do not be stressed, embrace Joy)



My Plan for This Week (Meals • Activities • Supplements)



Daily Goals & Results (Mon–Sun)

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Weekly Wins & Reflections

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I am proud of myself because...

Things I would like to do differently next week...

Week 4: Mindset & Emotional Support

A supported nervous system releases fat more easily

 Companion Video – Key Learning & Encouragement

Week 4: Mindset & Emotional Support

A supported nervous system releases fat more easily.

Day 1

Intention

Live Your Plan – Practice joy

Day 1-5

Track Goals vs Actual

Day 5

End of Week Reflection

Your Focus This Week

Live Your Plan  Do it for You!

Create Easy Goals and Bonus Goals  Set yourself up for success, do not over commit

Align Your Plan with Joy  Finding Joy makes everything better

Celebrate Small Wins  you deserve it and it supports success

🌟 Day 1 - Weekly Intention

(Example: Be Kind to myself, do not be stressed, embrace Joy)



My Plan for This Week (Meals • Activities • Supplements)



Daily Goals & Results (Mon–Sun)

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Weekly Wins & Reflections

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I am proud of myself because...

Things I would like to do differently next week...

Week 5: Energy, Metabolism & Mitochondria

Support your cells to support fat loss

 **Companion Video – Key Learning & Encouragement**  **My Plan for This Week (Meals • Activities • Supplements)**

Week 5: Energy, Metabolism & Mitochondria

A supported nervous system releases fat more easily.

Day 1

Intention

Live Your Plan – Live in Joy, Love Yourself

Day 1-5

Track Goals vs Actual

Day 5

End of Week Reflection

Your Focus This Week

Live Your Plan  Do it for You!

Create Easy Goals and Bonus Goals  Set yourself up for success, do not over commit

Align Your Plan with Joy  Finding Joy makes everything better

Celebrate Small Wins  you deserve it and it supports success

🌟 Day 1 - Weekly Intention

(Example: Be Kind to myself, do not be stressed, embrace Joy)



My Plan for This Week (Meals • Activities • Supplements)



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Weekly Wins & Reflections

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I am proud of myself because...

Things I would like to do differently next week...

Week 6: Circulation & Oxygen

Circulation helps detox and release fat

 **Companion Video – Key Learning & Encouragement**

Week 6: Circulation & Oxygen

Circulation helps detox and release fat

Day 1

Intention

Live Your Plan – Live in Joy, Love Yourself

Day 1-5

Track Goals vs Actual

Day 5

End of Week Reflection

Your Focus This Week

Live Your Plan  Do it for You!

Create Easy Goals and Bonus Goals  Set yourself up for success, do not over commit

Align Your Plan with Joy  Finding Joy makes everything better

Celebrate Small Wins  you deserve it and it supports success

🌟 Day 1 - Weekly Intention

(Example: Be Kind to myself, do not be stressed, embrace Joy)



My Plan for This Week (Meals • Activities • Supplements)



Daily Goals & Results (Mon–Sun)

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Weekly Wins & Reflections

Even if you just learned something about yourself, that is a win! keep going

I am proud of myself because...

Things I would like to do differently next week...

Week 7: Skinny Gene & Obesogens

Reduce blocks and activate natural fat-burning pathways.

 Companion Video – Key Learning & Encouragement  My Plan for This Week (Meals • Activities • Supplements)

Week 7: Skinny Gene & Obesogens

Reduce blocks and activate natural fat-burning pathways.

Day 1

Intention

Live Your Plan – Live in Joy, Love Yourself

Day 1-5

Track Goals vs Actual

Day 5

End of Week Reflection

Your Focus This Week

Live Your Plan  Do it for You!

Create Easy Goals and Bonus Goals  Set yourself up for success, do not over commit

Align Your Plan with Joy  Finding Joy makes everything better

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🌟 Day 1 - Weekly Intention

(Example: Be Kind to myself, do not be stressed, embrace Joy)



My Plan for This Week (Meals • Activities • Supplements)



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Weekly Wins & Reflections

Even if you just learned something about yourself, that is a win! keep going

I am proud of myself because...

Things I would like to do differently next week...

Week 8: See How Far You've Come

Small Steps and Big Step – All So Great

Congratulations! 🎉

🎥 Companion Video – Key Learning & Encouragement 📄 My Plan for This Week (Meals • Activities • Supplements)

Week 8: See How Far You've Come

Congratulations on a Job well Done! Finishing the program is a Huge win! You have armed yourself with a lot of useful information that even if you do not use now can benefit you in the future.

Day 1

Intention

How Have You Grown

Live Your Plan – Live in Joy, Love Yourself

Day 1-5

Track Goals vs Actual

Day 5

End of Program Reflection

Your Focus This Week

Live Your Plan ➡ Do it for You!

Create Easy Goals and Bonus Goals ➡ Set yourself up for success, do not over commit

Align Your Plan with Joy ➡ Finding Joy makes everything better

Celebrate Small Wins ➡ you deserve it and it supports success

🌟 Day 1 - Weekly Intention

(Example: Be Kind to myself, do not be stressed, embrace Joy)

😊 Day 1 – How Have You Grown

Do I feel more empowered to manage my stubborn fat that 8 weeks ago?

Have I made and positive changes?

Have I moved toward any of my goals?

Are any of my changes going to last long term?



My Plan for the Week and Forward (Meals • Activities • Supplements)



Daily Goals & Results (Mon–Sun)

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Weekly Wins & Reflections

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I am proud of myself because...

Things I would like to do differently next week...

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