

Set expectations for recovery and begin tracking your progress.



Overcoming health challenges has its ups and downs, but **always keep your focus on moving forward**. Achieving any level of recovery is better than staying trapped in the misery of chronic disease, and the more effort you put in, the better life will be.

In the video below, Dr. Rawls and Emily Grimes discuss expectations and advice for the road to better health.



[Take Your First Checkpoint Survey](#)

Setting Expectations

Many people on the Restore Kit have reported noticeable improvement between four and six months. Especially if your health challenge has persisted for years, it's unlikely that you will

have reached your wellness goals, but it is very likely that you will have made positive steps forward and laid a foundation to continue building on.

Ultimately, **how fast you recover depends on your starting point and how close you are able to follow the recommendations.**

Sometimes life gets in the way of your recovery, and that is understandable. It should be noted that the primary purpose of the Restore Kit is to put you in control of your wellness. **Even if you are not where you want to be by the end of six months, you will possess the knowledge and tools to get there with time.**

Change can be difficult to notice or measure when you're right in the midst of it. What's more, progress is relative to age, so you may need to be patient; complete recovery will be different for a 30-year-old than for a 70-year-old.

As you begin your journey of health restoration, **it is important to track your progress.** A simple way to do this is by completing the Checkpoint Surveys that we have created to **help you recognize and celebrate your successes, learn from setbacks, and map your future progress.**

We will send you a [Checkpoint Survey](#) every 30 days however you can take it as frequently as you'd like by accessing it under the **Progress and Expectations section** of the [Restore Kit Resources Page](#).

Take Your First Checkpoint Survey

The Restore Kit Course

Remember, the Restore Kit is more than just the 4 formulations you are taking. It's a holistic approach to better health that incorporates powerful natural supplements with education and support to help you see the most impact.

You can access your course in 2 ways

1. **The Restore Kit Resource Page** - You can navigate the course at your own pace [via the Education section of the Restore Kit Resources Page](#).
2. **Email** - Follow along in the sequence that you receive the lessons by email. We've timed them as close as possible to when we expect you'll need the information contained in each email.

If you would prefer not to receive the Restore Kit course by email, you may unsubscribe by clicking on this link:

[Unsubscribe Me from Restore Kit Course Emails](#).

Don't Forget to Join the Private



Restore Facebook Group

This group was created to connect Restore Kit participants for community and support. It's moderated by Vital Plan support staff and Dr. Rawls holds Facebook Live sessions every other week to answer your questions.

[Join the Restore Facebook Group »](#)

Join the Facebook Group »

RESOURCES

Restore Kit core resources:

- [The Restore Kit Resource Page](#) (Bookmark this to reference all the resources and tools you need to succeed with this program!)
- [The Vital Plan Diet e-Book](#)
- [Frequently Asked Questions](#) on the Restore Kit product page (click the teal FAQ tab)

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

Vital Plan is a company devoted to enhancing wellness through education, support, and herbal supplements.

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