

Spring Reset

Epilogue Workbook

Congratulations!
Final Assessment
Additional Support & Resources
Certificate of Completion



Congratulations!



You have successfully completed the five week Spring Reset Program!

CONGRATULATIONS!!!!

You have taken these past several weeks to understand yourself better, improve your body's natural detoxification abilities, regulate your nervous system, optimize your sleep routine, eat nourishing foods, spend more time in nature, and so much more.

Thank yourself for showing up for you. You deserve to live a life you love!

The entire team at Rêve Health is celebrating your incredible progress!

“No one is too small to make a difference, and no difference is too small to spark a shift in the whole.”

Final Assessment

Retake your assessments from Week One and compare your results. See what areas you made improvements in and where you may still need some support.

THE COLON

How will you rate the following				
	Never	Rarely	Sometimes	Always
I have 1-3 bowel movements per day	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My bowel movements are formed	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I experience acid reflux	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I bloat within 20 minutes of eating	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I bloat within 2 hours of eating	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have hemorrhoids	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Optimal digestion is consistently having 1-3 formed bowel movements per day, rarely or never experiencing acid reflux, limited or no bloating, and no recent history of hemorrhoids.

THE LIVER

How will you rate the following				
	Never	Rarely	Sometimes	Always
I have difficulty with high fat/fried food	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have a metallic taste in my mouth	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have dry skin and/or hair	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have a history of gallstones	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I experience acne, psoriasis or eczema	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Optimal liver health is being able to eat high fat foods, no bitter taste in the mouth, nourished skin and hair, no gallstones, and limited skin issues.

Final Assessment

Retake your assessments from Week One and compare your results. See what areas you made improvements in and where you may still need some support.

THE KIDNEYS

How will you rate the following				
	Never	Rarely	Sometimes	Always
I get UTIs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have high blood pressure	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have dark or cloudy urine	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have a history of kidney stones	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I frequently eat processed foods	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am well hydrated	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Optimal kidney health includes rare UTIs, stable blood pressure, light yellow urine, no history of kidney stones, a mostly whole foods diet, and staying well hydrated.

THE SKIN

How will you rate the following				
	Never	Rarely	Sometimes	Always
I can sweat in a sauna within 15 minutes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have clear, bright skin	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I get acne, hives, or eczema	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have skin reactions with certain foods	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I use non-toxic personal care products	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Optimal skin health includes being able to sweat within 15 minutes of being in a sauna, having clear and bright skin, limited acne or skin blemishes, no reactions to foods, and clean personal care products.

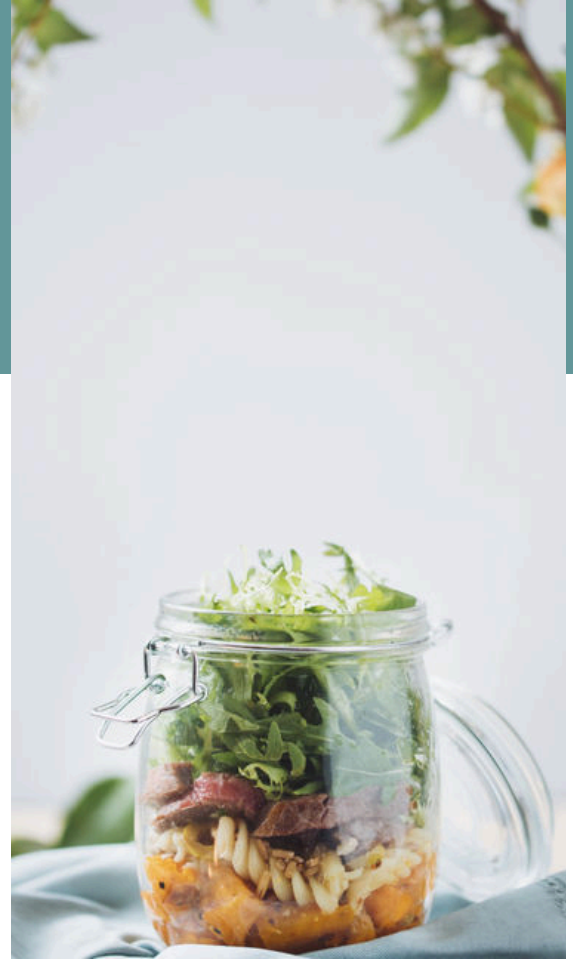
Additional Support & Resources

Need more support?

Depending on your protocol, you may have guidance calls available.

If not, here are some additional ways to receive support:

- [Join our Maintenance Plan for monthly meetings and continued care](#)
- [Purchase a single functional medicine guidance call](#)
- [Purchase a pack of 3 functional medicine guidance calls](#)
- [Purchase a single nutrition coaching call](#)
- [Purchase a pack of 3 nutrition coaching calls](#)
- [Purchase a purpose & life design call](#)
- See additional courses & handouts on our online community



Do you need
more help?

[Schedule a Zoom](#)



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RÊVE
HEALTH

CERTIFICATE

OF COMPLETION

*for successfully completing the five week
2025 Spring Reset Program*

Julie Elaine Brown

JULIE ELAINE BROWN
Co-Founder, CEO

Madeline Cunningham

MADELINE CUNNINGHAM
Co-Founder, COO

Skylar Weir

SKYLAR WEIR
Director of Nutrition

