

# HealthQuest BASE CAMP

with Your Expedition Leader, Dr. David Kolbaba

Live Out Your Dreams.  
Bring Clarity to Your Life

## THE "Crazy Grey Zone"

### BASE CAMP II



### BASE CAMP I



#### YOUR ITINERARY FOR LIFE CHANGE

**HealthQuest Base Camp** is a life-changing journey. Greater certainty and success can be yours with these three levels of Base Camp. The day to day living in the **The Crazy Grey Zone** can keep you from achieving your goals and staying true to yourself. Climb out of the chaos and jump down to earth to reach greater clarity by starting at Base Camp I.

**Base Camp II** You will accomplish purposeful activities at longer intervals with the confidence and discipline you've gained in Base Camp I,

**Base Camp I.** You begin your journey here by choosing 3 to 5 simple activities you commit to completing on a daily basis. Carrying out these activities every day for 30 days will create the discipline you need to live a simpler life in all the days that follow.