

ESTTA Tracking number: **ESTTA699367**

Filing date: **09/30/2015**

IN THE UNITED STATES PATENT AND TRADEMARK OFFICE  
BEFORE THE TRADEMARK TRIAL AND APPEAL BOARD

**Notice of Opposition**

Notice is hereby given that the following party opposes registration of the indicated application.

**Opposer Information**

Name	eHarmony, Inc.
Granted to Date of previous extension	09/30/2015
Address	10900 Wilshire Boulevard, Suite 17 Los Angeles, CA 90024 UNITED STATES

Attorney information	Lisa Greenwald-Swire Fish & Richardson, P.C. P.O. Box 1022 Minneapolis, MN 55440-1022 UNITED STATES tmdoctc@fr.com, TrademarkGroup-SV@fr.com Phone:650-839-5070
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**Applicant Information**

Application No	86497265	Publication date	06/02/2015
Opposition Filing Date	09/30/2015	Opposition Period Ends	09/30/2015
Applicant	Kathleen Kvalvik PO Box 10305 Beverly Hills, CA 90213 UNITED STATES		

**Goods/Services Affected by Opposition**

Class 035. First Use: 0 First Use In Commerce: 0 All goods and services in the class are opposed, namely: Association services in the nature of asor- ority, namely, promoting the interests of healthy living, fitness and weightloss of women; Providing assistance, fitness evaluation and consultation to corporate clients to help their employees make health, wellness and nutritional changes in their daily living to increase productivity and lower health care costs;The bringing together of consumers and providers of a variety of goods and services in the field of athletics for commercial purposes via the Internet; The bringing together, for the benefit of oth- ers, of a variety of goods and services, enabling customers to conveniently view and purchase those goods and services from an Internet web site particularly specializing in the marketing of the sale of- goods and services of others
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**Grounds for Opposition**

Priority and likelihood of confusion	Trademark Act section 2(d)
Dilution	Trademark Act section 43(c)

**Marks Cited by Opposer as Basis for Opposition**

U.S. Registration No.	2764705	Application Date	05/12/2000
Registration Date	09/16/2003	Foreign Priority Date	NONE
Word Mark	EHARMONY		
Design Mark	<b>EHARMONY . COM</b>		
Description of Mark	NONE		
Goods/Services	<p>Class 009. First use: First Use: 2000/07/08 First Use In Commerce: 2000/08/22 [ AUDIO TAPES AND VIDEO TAPES, NAMELY, PRE-RECORDED AUDIO TAPES AND PRE-RECORDED VIDEO TAPES FEATURING SELF-HELP, RELATIONSHIP COUNSELING AND ANGER MANAGEMENT ]</p> <p>Class 042. First use: First Use: 1999/01/00 First Use In Commerce: 2000/08/22 DATING SERVICES, MARRIAGE COUNSELING, COUNSELING, NAMELY, OFFERING ADVICE REGARDING PERSONAL RELATIONSHIPS AND PERSONALWELL BEING VIA A GLOBAL COMPUTER NETWORK</p>		

U.S. Registration No.	3911586	Application Date	12/15/2008
Registration Date	01/25/2011	Foreign Priority Date	NONE
Word Mark	EHARMONY		
Design Mark	<b>EHARMONY</b>		
Description of Mark	NONE		
Goods/Services	<p>Class 038. First use: First Use: 2000/08/22 First Use In Commerce: 2000/08/22 Providing online chat rooms and electronic bulletin boards for registered usersfor transmission of messages covering general interest, classified, virtual community, social networking, photo sharingand transmission of photographic images; providing online bulletin boards for transmission of messages among users in the field of general interest; providing online discussion groups for transmission of messages among users in the field of general interest; providing online interactive bulletin boards for transmission of messages among computer users concerning information on a wide variety of topics of general interest to</p>		

	<p>the public;providing on-line forums and discussiongroups for transmission of message among computer users</p> <p>Class 042. First use: First Use: 2000/08/22 First Use In Commerce: 2000/08/22 Computer services, namely, hosting online web facilities for organizing gatherings, and interactive discussions</p> <p>Class 044. First use: First Use: 2000/08/22 First Use In Commerce: 2000/08/22 Providing a website featuring information in the area of psychological research</p> <p>Class 045. First use: First Use: 2000/08/22 First Use In Commerce: 2000/08/22 Dating services, counseling, namely, offering advice regarding personal relationships and personal well being via a global computer network; Internet based introduction and social networking services; providing a website featuring information in the area of personal relationshipwellness; providing information in the field of personal relationship wellness;providing information in the field of social introduction</p>
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U.S. Registration No.	4238070	Application Date	02/18/2010
Registration Date	11/06/2012	Foreign Priority Date	NONE

Word Mark	EHARMONY
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Design Mark	
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Description of Mark	The mark consists of the stylized wording "EHARMONY" with the "E" appearing in the color gray, and "HARMONY" appearing in the color blue.
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Goods/Services	<p>Class 045. First use: First Use: 2006/04/11 First Use In Commerce: 2006/04/11 Dating services, marriage counseling, counseling, namely, offering advice regarding personal relationships and personalwell being via a global computer network; Internet based introduction and social networking services; providing a website featuring information in the area of personal relationship wellness; providing information in the field of personal relationship wellness; providing information in the field of social introduction</p>
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Attachments	<p>76047490#TMSN.png( bytes )  77633598#TMSN.png( bytes )  77939426#TMSN.png( bytes )  24237-0981PP2 HARMONY GIRL - OPPOSITION.pdf(4960849 bytes )  Exhibits A to G - for file.pdf(4706718 bytes )</p>
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### Certificate of Service

The undersigned hereby certifies that a copy of this paper has been served upon all parties, at their address record by First Class Mail on this date.

Signature	/lisa greenwald-swire/
Name	Lisa Greenwald-Swire
Date	09/30/2015

**IN THE UNITED STATES PATENT AND TRADEMARK OFFICE  
BEFORE THE TRADEMARK TRIAL AND APPEAL BOARD**

In the matter of Application Serial No. 86/497,265  
Filed on January 7, 2015  
For the mark **HARMONY GIRL**  
Published in the *Official Gazette* on June 2, 2015

eHarmony, Inc.,

Opposer,

v.

Kathleen Kvalvik,

Applicant.

Opposition No.: \_\_\_\_\_

**NOTICE OF OPPOSITION**

Opposer eHarmony, Inc. (“Opposer” or “eHarmony”), a Delaware corporation, having its principal place of business at 10900 Wilshire Boulevard, Suite 17, Los Angeles, CA 90024, believes that it will be damaged by registration of the mark shown at Application Serial No. 86/497,265 and hereby opposes this application, alleging as grounds for its opposition that:

1. Opposer has timely opposed the challenged trademark following its publication on June 2, 2015 in the *Official Gazette*.
2. As is evidenced by the publication of the HARMONY GIRL mark in the June 2, 2015 *Official Gazette*, Applicant Kathleen Kvalvik (“Applicant”) seeks to register the mark HARMONY GIRL (the “Proposed Mark”) as a trademark in International Class 35 for “Association services in the nature of a sorority, namely, promoting the interests of healthy living, fitness and weight loss of women; Providing assistance, fitness evaluation and consultation to corporate clients to help their employees make health, wellness and

nutritional changes in their daily living to increase productivity and lower health care costs; The bringing together of consumers and providers of a variety of goods and services in the field of athletics for commercial purposes via the Internet; The bringing together, for the benefit of others, of a variety of goods and services, enabling customers to conveniently view and purchase those goods and services from an Internet web site particularly specializing in the marketing of the sale of goods and services of others.”

Applicant is, upon information and belief, an individual, having an address of PO Box 10305 Beverly Hills, CA 90213. Applicant filed the application for the Proposed Mark based on an intent-to-use basis.

3. Since at least as early as January 1999, and continuously since then, the EHARMONY trademark and trade name have been used in commerce in connection with a wide variety of goods and services, including, but not limited to, dating services; marriage counseling; and offering advice regarding personal relationships and personal mind, body, and spirit wellbeing via a global computer network. We refer to the foregoing goods and services as “the eHarmony Goods and Services.” Opposer has priority over Applicant’s Proposed Mark.

4. All of the eHarmony Goods and Services have been and/or are being advertised, promoted, marketed, offered and rendered in connection with Opposer’s well known EHARMONY trademark and trade name. We refer to Opposer’s trademark and trade name as the “eHarmony Mark.” Opposer has spent considerable time, money, and effort promoting its eHarmony Mark and developing customer recognition and goodwill in the eHarmony Mark nationwide on the Internet, television, radio, in numerous industry and non-industry publications, and on Opposer’s website at <[www.eharmony.com](http://www.eharmony.com)>.

5. Opposer's rights in the eHarmony Mark are further evidenced by its ownership of United States Registration Nos. 2,764,705 and 3,911,586 for the word mark EHARMONY and Registration No. 4,238,070 for the EHARMONY Stylized mark. We refer to the foregoing registrations as "the eHarmony Registrations." True and correct copies of the certificates of registration for the eHarmony Registrations are attached hereto as **Exhibit A**. These registrations are in full force and effect. Opposer's federal trademark registrations for the eHarmony Mark serve as conclusive evidence of: (a) the validity of the registered mark; (b) Opposer's ownership of the mark; and (c) Opposer's exclusive right to use the mark in commerce under 15 U.S.C. § 1115(b). Opposer also owns 36 other registrations for the mark EHARMONY worldwide.

6. The well-known use of the eHarmony Mark has been continuous and extensive. The eHarmony Mark has been advertised, promoted, marketed and offered in connection with the eHarmony Goods and Services since at least as early as 1999, and has been in continuous and uninterrupted use in interstate commerce ever since August 2000.

7. The level of fame and consumer recognition of the eHarmony Mark cannot be disputed. After continuous use for over sixteen years in connection with Opposer's extremely successful business, the eHarmony Mark has come to be immediately identified as the source of the eHarmony Goods and Services. The eHarmony Mark and its associated goodwill are assets of immense value to Opposer.

8. The eHarmony Mark is famous and is recognized by virtually every consumer in the United States. eHarmony is widely recognized as America's #1 trusted relationship service, and was founded by one of the country's most well known

relationship experts, best-selling author and clinical psychologist Dr. Neil Clark Warren. eHarmony has grown into one of the Internet's top providers of online dating and relationship services, and currently has over 44 million registered users from all 50 states and from more than 200 countries. Millions of people of all ages, ethnicities and religious backgrounds have used eHarmony's relationship service since the launch of the company in 1999. Indeed, according to a 2012 survey conducted by a leading national market research firm, an average of 438 eHarmony members marry every day in the United States as a result of being matched by the site.

9. The eHarmony Mark is also used in connection with counseling and advice services for mind, body, and spirit wellness, as is evidenced at eHarmony's Advice page. See <http://www.eharmony.com/dating-advice>. Examples of articles offered by eHarmony in this area include: "The Power of Expectation," "Get Happier by Banishing This One Word From Your Vocabulary," "15 Ways to Overcome Perfectionism," "No More Shame: 7 Ways to Get that Confidence Back," and "How I've Tackled My Depression (And You Can, Too)." See **Exhibit B**.

10. eHarmony also offers highly personalized matchmaking, counseling, and advice services via its EH+ mark, which involves one-on-one counseling with a professional counselor. The EH+ mark is the subject of U.S. Registration No. 4752709, and eHarmony often references its EH+ services in connection with the EHARMONY Mark. See **Exhibit C**.

11. On information and belief, Applicant owns the <katykvalvik.com>, <harmonygirlprograms.com>, and <harmonyguyprograms.com> domains and websites and uses them in connection with her HARMONY GIRL, HARMONY GUY, and

HARMONY METHOD health and wellness programs. The programs are offered via videos, website content, podcasts, and workbooks, and content related to nutrition, fitness, and lifestyle specific counseling, guides, worksheets, tips, and techniques. True and correct copies of printouts from Applicant's website are attached hereto as **Exhibit D**.

12. On information and belief, the Proposed Mark is used for mind and body wellness products and services.

13. The Proposed Mark incorporates the distinctive portion of Opposer's famous trademark and trade name, "HARMONY," such that the public is likely to mistakenly assume that the services provided in connection with the Proposed Mark and the <harmonygirlprograms.com> and <harmongguyprograms.com> domains are in some way connected with or sponsored by Opposer, when they are not. Such assumed affiliation may lead to public confusion and deception.

14. By offering many of the same features, advice, and tips that Opposer uses in connection with its mind, body, and spirit advice, Applicant's Proposed Mark is likely to cause confusion among consumers.

15. On information and belief, Applicant does not have a trademark registration for the Proposed Mark, and so Applicant's use of the ® registered symbol on its website is improper. *See Exhibit D.*

16. Even the United States Patent and Trademark Office (hereinafter the "PTO") has recognized the fame of Opposer's EHARMONY trademark and trade name, in noting that trademarks containing the word HARMONY are likely to cause confusion among consumers. For example, the PTO refused registration of the trademark

MEDHARMONY, Ser. No. 85/162,873, for services to match patients and doctors, noting that the marks were confusingly similar and that “consumers encountering the HARMONY marks used in connection with the parties’ services would reasonably believe that MEDHARMONY is a medically-oriented version of the EHARMONY services, and that all the services originate from the same source.” A true and correct copy of the MEDHARMONY Office Action is attached hereto as **Exhibit E**. In like manner, consumers are likely to believe that HARMONY GIRL is a health and wellness arm of the EHARMONY services.

17. Before the Trademark Trial and Appeal Board (hereinafter “TTAB”), Opposer successfully opposed a previous applicant’s application to register JOBHARMONY, Ser. No. 77/290,652, filed September 25, 2007, for “employment hiring, recruiting, placement, staffing and career networking services; providing an on-line searchable database featuring classified ad listings and employment opportunities.” As a result, the TTAB refused the registration of that application and sustained Opposer’s motion for summary judgment in that matter. A true and correct copy of the JOBHARMONY Board Decision is attached hereto as **Exhibit F**. The present Proposed Mark deals with the same issues of likelihood of confusion and dilution involved in the JOBHARMONY dispute.

18. There is no issue as to priority. Opposer has used its eHarmony Mark for over sixteen years, and on information and belief, Applicant has started commercial use of the Proposed Mark no earlier than November 18, 2012 or December 30, 2014, the respective dates that the <katykvallvik.com> and the <harmonygirlprograms.com> and

<harmonyguyprograms.com> domains were created. **See Exhibit G.** Opposer's first use date is over fifteen years prior to the filing date of the application for the Proposed Mark.

19. The Proposed Mark is confusingly similar to Opposer's eHarmony Mark. The Proposed Mark is nearly identical to the eHarmony Mark in appearance, sound, and commercial impression when used in connection with Applicant's services, as identified in Serial No. 86/497,265. The dominant portions of the respective parties' marks are identical, as the Proposed Mark wholly and prominently incorporates the widely recognized and distinctive HARMONY element of the eHarmony Mark. The mere addition of the descriptive term "girl" does little to add distinctive value to Applicant's Proposed Mark. The terms "girl" and "guy" are frequently used as keywords for dating and matchmaking services, and so are clearly descriptive terms. The use of such matchmaking specific terms will likely drive traffic to Applicant's business and cause consumer confusion.

20. Applicant's listed services in Serial No. 86/497,265 overlap with and/or are related to the eHarmony Goods and Services. Applicant's intended mind and body wellness advice is very similar to eHarmony's mind, body, and spirit wellness advice and counseling. It is also likely that Applicant's targeted consumer base will significantly overlap with Opposer's targeted consumer base, as both are online businesses that target adults who are interested in self-improvement and mind, body, and spirit wellness.

21. Applicant's use of the Proposed Mark is likely to cause confusion, mistake or deception in the minds of prospective purchasers as to the origin, source, sponsorship or association of Applicant's services, thereby causing loss, damage and injury to

Opposer. The extent of potential confusion among consumers between Applicant's Proposed Mark and the eHarmony Mark is substantial.

22. Consumers familiar with the eHarmony Mark are likely to mistakenly believe that Applicant's services are sponsored, authorized, associated with or otherwise approved by Opposer because the Proposed Mark is nearly identical to Opposer's eHarmony Mark. Inferior quality, deficiencies or other faults in Applicant's services are likely to reflect negatively upon, tarnish, and seriously injure the reputation which Opposer has established for the goods and services marketed under the eHarmony Mark. This is likely to result in loss of revenues to Opposer and damage to Opposer's reputation.

23. Applicant's use of the Proposed Mark does or is likely to falsely suggest a relationship between Applicant's services and Opposer's services. Such use of the Proposed Mark is likely to cause confusion, mistake, or deception with respect to the source or sponsorship of Applicant's services. Such use is thus likely to cause a significant increase in the level of Applicant's sales and Internet traffic due to consumers' mistaken belief that Opposer is the source or sponsor of Applicant's services. Applicant's use of the Proposed Mark is therefore likely to result in Applicant's trading off and benefiting from the goodwill associated with Opposer, resulting in ill-gotten gains by Applicant.

24. Registration of Applicant's Proposed Mark would be a further source of damage to Opposer because it would confer upon Applicant various statutory presumptions to which it is not entitled in view of Opposer's prior use of its famous and distinctive eHarmony Mark.

25. On information and belief, Applicant was aware of Opposer prior to its adoption of the Proposed Mark.

26. On information and belief, Applicant was aware of Opposer's eHarmony Mark prior to its adoption of the Proposed Mark.

27. Applicant applied for registration of the Proposed Mark without the consent or agreement of Opposer.

28. On information and belief, Applicant's selection and adoption of its Proposed Mark is part of a campaign to intentionally and willfully deceive the public and free ride on Opposer's valuable goodwill in the eHarmony Mark.

29. In the unlikely event that any consumers may not be confused into believing that Applicant's services originate from or are related to those of Opposer, Applicant's use of the Proposed Mark would diminish the distinctive quality of Opposer's famous eHarmony Mark, thereby causing dilution of Opposer's famous eHarmony Mark in violation of Lanham Act Section 43(c)(1), 15 U.S.C. § 1125(c)(1), and in violation of Opposer's rights under state dilution and unfair competition law. As a result, the ability of Opposer's eHarmony Mark to identify the eHarmony Goods and Services is weakened, thereby causing loss, damage and injury to Opposer.

30. For the foregoing reasons, the registration sought by Applicant is contrary to the provisions of Sections 2 and 43 of the Lanham Act, 15 U.S.C. §§ 1052 and 1125, and Opposer would be damaged thereby.

31. In order to protect the public against confusion and deceit, and to protect Opposer's famous eHarmony Mark from infringement, dilution and unfair competition,

registration of Applicant's Proposed Mark should be refused under Sections 2(d), 43(c)(1) and 13 of the Lanham Act, 15 U.S.C. §§ 1052(d), 1125(c)(1), and 1063.

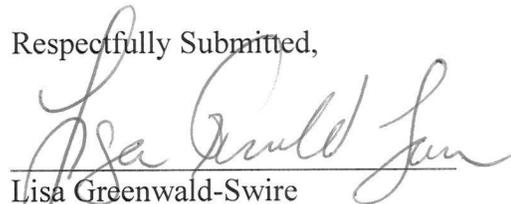
WHEREFORE, Opposer respectfully prays for the following:

- a. a finding that Opposer eHarmony has priority as to Applicant's application to register the HARMONY GIRL mark in connection with the services listed in Serial No. 86/497,265;
- b. a finding that Applicant's proposed HARMONY GIRL mark is likely to cause confusion with Opposer's eHarmony Mark;
- c. a finding that Applicant's proposed HARMONY GIRL mark dilutes Opposer's eHarmony Mark; and
- d. pursuant to Section 13 of the Lanham Act, 15 U.S.C. § 1063, that the opposition be sustained and Application Serial No. 86/497,265 and the mark therein sought, for the services identified therein, be denied and refused.

This Notice of Opposition is submitted electronically. Please apply the \$300 fee to Deposit Account No. 06-1050, making reference to 24237-0981PP2.

Date 9-30-2015

Respectfully Submitted,



Lisa Greenwald-Swire  
FISH & RICHARDSON P.C.  
Fish & Richardson P.C.  
P.O. Box 1022  
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[tmdocte@fr.com](mailto:tmdocte@fr.com)

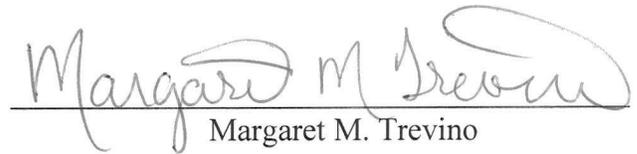
ATTORNEY FOR  
Opposer eHarmony, Inc.

**CERTIFICATE OF SERVICE**

The undersigned hereby certifies that a true and complete copy of the foregoing Consolidated Notice of Opposition has been served this 30 day of September, by mailing said copy via First Class Mail postage prepaid, to the below-identified Applicant/Attorney at his/her place of business:

DAVID P. BEITCHMAN  
Beitchman & Zekian P C  
16130 Ventura Blvd Ste 570  
Encino, CALIFORNIA 91436-2581  
UNITED STATES

Counsel for Applicant

  
Margaret M. Trevino

# **EXHIBIT A**

# United States of America

United States Patent and Trademark Office

## EHARMONY

**Reg. No. 2,764,705**

EHARMONY, INC. (DELAWARE CORPORATION)

**Registered Sep. 16, 2003**

2401 COLORADO AVENUE, SUITE A200  
SANTA MONICA, CA 90404

**Corrected Dec. 27, 2011**

FOR: [ AUDIO TAPES AND VIDEO TAPES, NAMELY, PRE-RECORDED AUDIO TAPES AND PRE-RECORDED VIDEO TAPES FEATURING SELF-HELP, RELATIONSHIP COUNSELING AND ANGER MANAGEMENT ], IN CLASS 9 (U.S. CLS. 21, 23, 26, 36 AND 38).

**Int. Cl.: 42**

FIRST USE 7-8-2000; IN COMMERCE 8-22-2000.

**TRADEMARK**

FOR: DATING SERVICES, MARRIAGE COUNSELING, COUNSELING, NAMELY, OFFERING ADVICE REGARDING PERSONAL RELATIONSHIPS AND PERSONAL WELL BEING VIA A GLOBAL COMPUTER NETWORK, IN CLASS 42 (U.S. CLS. 100 AND 101).

**SERVICE MARK**

**PRINCIPAL REGISTER**

FIRST USE 1-0-1999; IN COMMERCE 8-22-2000.

SER. NO. 76-047,490, FILED 5-12-2000.



*David J. Kyffers*

Director of the United States Patent and Trademark Office

# United States of America

United States Patent and Trademark Office

## EHARMONY

**Reg. No. 3,911,586**

**Registered Jan. 25, 2011**

**Int. Cls.: 38, 42, 44, and 45**

**SERVICE MARK**

**PRINCIPAL REGISTER**

EHARMONY, INC. (DELAWARE CORPORATION)  
888 EAST WALNUT STREET, 2ND FLOOR  
PASADENA, CA 91101

FOR: PROVIDING ONLINE CHAT ROOMS AND ELECTRONIC BULLETIN BOARDS FOR REGISTERED USERS FOR TRANSMISSION OF MESSAGES COVERING GENERAL INTEREST, CLASSIFIED, VIRTUAL COMMUNITY, SOCIAL NETWORKING, PHOTO SHARING AND TRANSMISSION OF PHOTOGRAPHIC IMAGES; PROVIDING ONLINE BULLETIN BOARDS FOR TRANSMISSION OF MESSAGES AMONG USERS IN THE FIELD OF GENERAL INTEREST; PROVIDING ONLINE DISCUSSION GROUPS FOR TRANSMISSION OF MESSAGES AMONG USERS IN THE FIELD OF GENERAL INTEREST; PROVIDING ONLINE INTERACTIVE BULLETIN BOARDS FOR TRANSMISSION OF MESSAGES AMONG COMPUTER USERS CONCERNING INFORMATION ON A WIDE VARIETY OF TOPICS OF GENERAL INTEREST TO THE PUBLIC; PROVIDING ON-LINE FORUMS AND DISCUSSION GROUPS FOR TRANSMISSION OF MESSAGE AMONG COMPUTER USERS, IN CLASS 38 (U.S. CLS. 100, 101 AND 104).

FIRST USE 8-22-2000; IN COMMERCE 8-22-2000.

FOR: COMPUTER SERVICES, NAMELY, HOSTING ONLINE WEB FACILITIES FOR ORGANIZING GATHERINGS, AND INTERACTIVE DISCUSSIONS, IN CLASS 42 (U.S. CLS. 100 AND 101).

FIRST USE 8-22-2000; IN COMMERCE 8-22-2000.

FOR: PROVIDING A WEBSITE FEATURING INFORMATION IN THE AREA OF PSYCHOLOGICAL RESEARCH, IN CLASS 44 (U.S. CLS. 100 AND 101).

FIRST USE 8-22-2000; IN COMMERCE 8-22-2000.

FOR: DATING SERVICES, COUNSELING, NAMELY, OFFERING ADVICE REGARDING PERSONAL RELATIONSHIPS AND PERSONAL WELL BEING VIA A GLOBAL COMPUTER NETWORK; INTERNET BASED INTRODUCTION AND SOCIAL NETWORKING SERVICES; PROVIDING A WEBSITE FEATURING INFORMATION IN THE AREA OF PERSONAL RELATIONSHIP WELLNESS; PROVIDING INFORMATION IN THE FIELD OF PERSONAL RELATIONSHIP WELLNESS; PROVIDING INFORMATION IN THE FIELD OF SOCIAL INTRODUCTION , IN CLASS 45 (U.S. CLS. 100 AND 101).

FIRST USE 8-22-2000; IN COMMERCE 8-22-2000.

THE MARK CONSISTS OF STANDARD CHARACTERS WITHOUT CLAIM TO ANY PARTICULAR FONT, STYLE, SIZE, OR COLOR.



*David J. Kyros*

Director of the United States Patent and Trademark Office

**Reg. No. 3,911,586** OWNER OF U.S. REG. NOS. 2,764,705, 3,422,967, AND 3,483,503.

SN 77-633,598, FILED 12-15-2008.

PAUL MORENO, EXAMINING ATTORNEY

# United States of America

United States Patent and Trademark Office

# eHarmony

**Reg. No. 4,238,070**

**Registered Nov. 6, 2012**

**Int. Cl.: 45**

**SERVICE MARK**

**PRINCIPAL REGISTER**

EHARMONY, INC. (DELAWARE CORPORATION)  
2401 COLORADO AVENUE, SUITE A200  
SANTA MONICA, CA 90404

FOR: DATING SERVICES, MARRIAGE COUNSELING, COUNSELING, NAMELY, OFFERING ADVICE REGARDING PERSONAL RELATIONSHIPS AND PERSONAL WELL BEING VIA A GLOBAL COMPUTER NETWORK; INTERNET BASED INTRODUCTION AND SOCIAL NETWORKING SERVICES; PROVIDING A WEBSITE FEATURING INFORMATION IN THE AREA OF PERSONAL RELATIONSHIP WELLNESS; PROVIDING INFORMATION IN THE FIELD OF PERSONAL RELATIONSHIP WELLNESS; PROVIDING INFORMATION IN THE FIELD OF SOCIAL INTRODUCTION, IN CLASS 45 (U.S. CLS. 100 AND 101).

FIRST USE 4-11-2006; IN COMMERCE 4-11-2006.

OWNER OF U.S. REG. NOS. 2,764,705 AND 3,422,967.

THE COLOR(S) GREY AND BLUE IS/ARE CLAIMED AS A FEATURE OF THE MARK.

THE MARK CONSISTS OF THE STYLIZED WORDING "EHARMONY" WITH THE "E" APPEARING IN THE COLOR GRAY, AND "HARMONY" APPEARING IN THE COLOR BLUE.

SN 77-939,426, FILED 2-18-2010.

GEOFFREY FOSDICK, EXAMINING ATTORNEY



*David J. Kyros*

Director of the United States Patent and Trademark Office

## **EXHIBIT B**

## Now free to communicate

Hi, what's your first name?

I'm a:

Select One

Seeking a:

Select One

Your zip code?

United States

Let's Go

Your email?

Create your password

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## The Power of Expectation

By Carol Whitaker, author of [The Secret to Manifesting the Life & Body of Your Dreams](#).

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Did you know that your life, your relationships, and your body as it is right now is a result of what *you expected* to come about in your life? Did you know that because of the Law of Perception, what you perceive as “good” or “bad” will, in fact, be drawn to you, whether you like it or not?

Simply put, the Law of Expectations is basically whatever one presumes, with emotion and belief, becomes a self-fulfilling prophecy. When you *expect* the best, what you anticipate with earnest desire *will improve*.

Likewise, if your habitual thoughts reflect self-doubt and limiting beliefs, then you will surely have more reasons to complain. Just as you expect the best, so it is when you expect things to be difficult. When you focus on lack and hardship, you will attract more of what you *do not* want into your life.

Your expectations are brought about by your self-image and beliefs. Your beliefs are the foundation of your thoughts and feelings; it's *why* you think the way you do and *why* you take the action you do—it is all based on your belief system and what you *expect* in your life.

### How to Shift into the Power of Positive Expectation

You can shift from self-doubt to powerful expectation by changing your thoughts from “I can't” to “I can” to develop your strengths and lessen your weaknesses. Focus on your desires of what you truly want with faith, believing that *you can* achieve anything you set your mind to!

Release the self-doubts of “I don't think I can ...” or the limiting beliefs of “Life is hard ...” by thinking, “I expect wonderful people, circumstance, and events” and “Life is beautiful and easy.” You can blast through the limiting ceiling in your mind by being positive to establish powerful, self-supporting beliefs. By doing so, your faith will increase and your expectations will shift to that of “expecting to receive” rather than “expecting to fail.” Before you know it, you will see the rewards from your efforts.

Rather than giving your attention to what you do not want, focus on what you **DO** want. Visualize your dreams as if you were **ALREADY** living them. Your thoughts will impress upon your body as to what to do, which ignites action, either wanted or unwanted. That's why it's imperative to think positively with the expectation to receive.



The more proactive you are in attaining your desires, the more you will set positive energy into motion, which will attract back to you like energy.

To create a new mindset of *expecting*, do the following exercise to imprint the energy of expectation steadfastly in your mind.

1. Write on a sheet of paper what it is you desire to become, do, or have. Next, write if you *really believe* you can manifest what you want or not. (Note: what you “think twice” about or doubt is an area in which you have limiting beliefs of receiving.)
2. To clear a limiting belief of the dreams you doubt, write, “I am a creator. I create my life on purpose!” and “I will achieve my dreams!” You can also write, “I willingly release all doubts and fears associated with this desire” or “I expect my dreams to come true.”
3. To establish a new belief of what you desire and expect in your life, get in the habit of looking at yourself in the mirror each day and saying, “I willingly receive. I am ...” and say what you desire to become. Do that for the next 30 days until it becomes a new self-affirming belief. As you tell yourself your new truths, feel how awesome it will be when you are living your dreams. Always end with love and thankfulness for that which *will be*.

By incorporating these simple exercises into your life, you will be able to incorporate the power of the Law of Expectations, and you will soon discover just how magical life can be.

*Carol Whitaker is the author of [Ridiculously Happy! The Secret to Manifesting the Life & Body of Your Dreams](#). Carol is a highly sought-after lifestyle fitness and life coach and is well known for the amazing transformations she creates in her clients' lives. Carol is a motivational speaker and is passionate about inspiring men and women to live a ridiculously happy, fit life. Carol is an ongoing featured expert on national media and online websites. She is dedicated to helping people accomplish their dreams. Carol is a happily married mother of three. Connect with Carol on [Facebook](#) to receive her health, fitness, and happiness tips or follow her on [Twitter](#). Visit [CarolWhitaker.com](#) to learn more about her transformation services, along with tools and secrets to discover how to create your best life today.*

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## Get Happier by Banishing This One Word From Your Vocabulary

By Guest Contributor Gloria Arenson, Marriage and Family Therapist

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I *should* get my car washed. I *should* pay my bills. I *should* eat less. I *shouldn't* sleep so late on the weekend.

We fill our lives with “shoulds” and “shouldn’ts.” Shoulds keep us on the straight and narrow path to goodness, but do they send us on the path to happiness?

What are “shoulds” and where did they come from? Of course, we can trace them back to the original holy set — the Ten Commandments — but I’m guessing that “shoulds” arose even before that.

We create a should when a group of people agree on how the world is or might be, but this may differ from culture to culture and century to century. Democrats have different “shoulds” about the world than Republicans.

Believers and non-believers differ about the “shoulds” that label us good or bad. The “shoulds” of your family and friends may diametrically oppose those of your neighbor. Americans have different expectations than Chinese or Ugandan people about what it takes to become a good or productive person.

“Shoulds” may lead to procrastination. Putting things off is often the result of unconsciously rebelling against or avoiding an unpleasant should. This is because the outside inflicts “shoulds” on us.

From our earliest years, we’re told what a good boy or girl should or shouldn’t do to gain approval from a parent, teacher, family, community, religion, and the world.

We are not given opportunities to challenge these instructions. When we do, we may end up going our own way and marching to our own drummer, but may also carry a load of guilt or shame about breaking away from what’s expected.

Who says I should wash my car, pay my bills, or eat less junk food? You may say you do, but where did the original rule come from and who imposed it on you? Take a moment to think about some of the things you are dragging your feet about doing right now. Pick one.

Pretend you are standing in front of your local ATM about to make a withdrawal. This time, you are going to withdraw some information. Pretend you are typing in this question instead of the amount of money: How young was I when I decided I’d be a bad person if I didn’t \_\_\_? (Fill in the thing you are putting off)

Take a deep breath and as you let it out, a number will pop into your head.

As you identify your age you may automatically know who told you it was wrong or bad. If not, do the ATM routine, again asking for that information. Remember what was happening back then and how you felt when you accepted that command.



Take a moment to acknowledge all the guilt or shame you have felt throughout your life and each time you resisted. How often have you struggled with this and other “shoulds” handed down from generation to generation?

Please don't think I am telling you to drop all “shoulds” and rebel against everything; the result would create chaos and harm. Children need some rules to help them conform to the expectations of their culture and to keep them safe. Yet, once we are grown-ups we assess these directives and decide which ones fit our beliefs and lifestyle, and which don't.

Grown-ups can choose which decrees they want to adhere to.

Try this: Go back to the command you chose above. Say out loud to yourself, “I should do my laundry.” How do you feel? Is there tension in your stomach or throat? Do you feel ashamed of yourself for being lazy?

Think about this for a moment. Do you want to do your laundry? If you don't, then are you willing to deal with the consequences? After all, you are an adult now and responsible for your actions. Make a decision and say either, “I choose to do my laundry,” or “I choose to not do my laundry.” Does that feel different when you say it out loud?

Most people find that when they trade in their “shoulds” for choose to or choose not to, they get rid of a load of guilt and shame. See if you can eliminate the words “should,” “shouldn't,” “must,” and “have” to from your life this week and notice what happens.

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## 15 Ways to Overcome Perfectionism

By eHarmony Staff

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“You’re such a perfectionist!” Has somebody ever said that to you—or several somebodies? Maybe no one needs to point it out because you are well aware of your perfectionism.

Wanting things to be perfect—our work, appearance, even dates—might seem like a worthy pursuit. After all, we live in a flawed world, so it’s natural for us to want to make our individual lives as flawless as possible. But persistent perfectionism can bring with it lots of problems: guilt, anxiety, depression, low self-esteem, and high blood pressure.

If you are a perfectionist and tired of trying to reach impossible standards, start with these steps:

1. **Be aware of the underlying beliefs that drive your need for perfection.** Maybe you grew up with impossible-to-please parents, or with overachieving siblings, or as part of a strict religious community. Often just realizing the roots of your perfectionism will begin the process of overcoming it.
2. **Never compare yourself to others.** We all have our own strengths and weaknesses, successes and failures. You are a unique individual and will never be exactly like anybody else.
3. **Learn the art of flexibility.** Dealing gracefully with unexpected pressures and unfair demands will help you set realistic expectations.
4. **Accept imperfections in others.** Practicing compassion for other people is good training for learning to show compassion for yourself.
5. **Retrain your brain.** Perfectionists have become conditioned to think in terms of black or white, good or bad, all or nothing. If you’ve learned unhealthy mental patterns, you can also learn new and healthy ones.
6. **Listen to your thoughts.** Beware of those automatic thoughts that shout, “You’re not good enough! You’re going to blow it!” Identifying those thoughts is a step toward countering them with more reasonable ones.



7. **Don't negate the positives.** Even situations or events that don't go as well as you hoped have positive aspects. Acknowledge and embrace them.
8. **Receive compliments.** If your boss, friend, or date offers a sincere compliment, resist the urge to minimize or deflect: "Thanks, but. . ." A simple thank you—without the but—will do just fine.
9. **Try not to obsess about what other people think.** Chances are that you are harder on yourself than others are.
10. **Strive for excellence, not perfection.** Excellence means always doing your best and holding yourself to high standards while realizing that perfection is unattainable.
11. **Recognize your self-worth.** Most people have their sense of value tied to performance and accomplishments. We'll gain freedom if we can learn that real worth is based on intrinsic qualities.
12. **Take courage from brilliant failures.** Some of the most significant innovations and inventions came from people who dared to risk failure and often did so spectacularly.
13. **Acknowledge your limitations to yourself.** Easier said than done, for sure, but doing so provides a balanced and healthy perspective of who you are.
14. **Maximize your mistakes.** The best antidote for feelings of failure is the vow to grow and learn from mistakes.
15. **Get help from a professional.** Undoing years of unhealthy patterns is not easy. Change sometimes requires the help of someone trained to guide you.

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## No More Shame: 7 Ways to Get that Confidence Back

By Guest Contributor Terry Chapman, Licensed Psychotherapist

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We live in a shame culture that attacks our confidence on a daily basis. Because of this we often feel flawed, unlovable, and unworthy.

Shame hurts ... bad. Not only emotionally, but also physically. According to [Guy Winch, Ph.D.](#), author of *Emotional First Aid: Healing Rejection, Guilt, Failure and Other Everyday Hurts*, rejection and physical pain are so entwined that when research participants were given Tylenol before beginning a rejection experiment, they experienced less intense feelings than the participants who did not receive Tylenol.

Chronic shame also damages health and can lead to heart disease, digestive illnesses, immune disorders, and migraines, as well as a host of mental and mood disorders.

Here are 7 bold ways to bounce back when shame or humiliation brings you down.

**1. Recognize your personal shame response and identify your triggers.** The “shame response” is a chemical and electrical reaction in your body to the meanings we attach to our experiences. A trigger for me is not necessarily a trigger for you. For some of us appearance is a trigger, for others guilt around parenting. Know in advance what stirs up shame for you.

**2. Reach out to someone you trust.** Notable shame researcher, speaker, and author Brené Brown says to only share with someone who has “earned the right to hear our stories” — someone who offers empathy while being honest. This is one of the most important shame resilience tools we have because empathy heals shame.

So, make a list of the people whose opinions you value (and trust) and carry this list with you. The next time your shame sneaks up on you and takes your breath (and your confidence) away, call someone on the list, as soon as possible.

**3. Get a bear hug.** Why a bear hug? Neuroeconomist Paul Zak reports that full body hugs of 20 seconds or more encourage the release of oxytocin, the “connection” hormone. Psychologist Matthew Hertenstein says, “Stimulating touch receptors under the skin can lower blood pressure and cortisol levels, effectively reducing stress.” Shame increases stress, while hugs decrease it. ‘Nuff said.

4. **Repeat a mantra to yourself.** Shame and humiliation trigger a primal survival response and when this happens, the rational part of our brain usually shuts down. A mantra refocuses your mind, reminding you to act instead of react. Pick a mantra that resonates with you. Here are a few of my favorite mantras:

“Action is the antidote to despair.” – Joan Baez

“If you give your fear legs, it will run away with your dreams.” – L. Collins

“Excellence does not require perfection.” – Henry James

Mantras are easy to use. Carry one with you (in your wallet or purse) or record it on your phone. Choose one as a screen saver for your computer. Write one on your bathroom mirror where you’ll see it every day. Type a mantra on pretty paper and frame it for your office desk. Turn a mantra into your laptop password. The important thing is to keep it readily available so you can see it when needed.



5. **Create and practice a “shame recovery” ritual.** Peter A. Levine, Ph.D., found that movement is essential to recovering from a stress response. So, create a fun playlist of recovery anthems on your smartphone such as: Taylor Swift’s, “Shake it Off;” Kelly Clarkson’s, “Stronger (What Doesn’t Kill You);” Katy Perry’s, “Roar;” and Sara Bareilles’, “Brave.” Whatever song lifts you up, crank up the music and dance, walk, run or spin any lingering bad energy away.

6. **Practice Power Posing.** “What is a power pose,” you ask? It’s standing like “Wonder Woman” or “Super Man” — for two minutes. Amy Cuddy, Ph.D., researches discrimination and stereotyping. She found that power posing lowered cortisol (a stress hormone) and increased testosterone (a confidence boosting hormone).

Students that struck a power pose before going through a rigorous job interview, reported feeling more confident. So follow your Momma’s advice: stand tall, keep your shoulders back, and sit straight at your desk. You’ll feel better and restore your confidence more quickly.

7. **Own your story.** One of my favorite Brené Brown quotes states, “Owning our story and loving ourselves through that process is the bravest thing we will ever do.” To recover your confidence after experiencing shame, you must own your story — all of it. It is only by facing the parts that frighten you most that you realize you ARE enough.

Once you rebound from this shame attack, know that shame or humiliation will likely circle back around and try to kick your butt again ... at some point in your life. But hold your head up high, because now you know how to meet that monster head on and wrestle it back into place.

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## How I've Tackled My Depression (And You Can, Too)

By Guest Contributor Brent Berman, Psychotherapist and Author

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For the first 15 years of my life, I was a relatively happy person. But about the time my parents got divorced, I became angry and cynical. Now I realize that I was externalizing my inner feelings of unworthiness and self-hatred. I was 15, which is a time when many people start to exhibit these traits.

My cynicism pervaded all areas of my life.

I really started playing the blame game. If I wasn't complaining, I was blaming, and if I wasn't blaming, I was shaming myself. This attitude served me just fine for years. I was reaching my goals, had plenty of friends and had successful romantic relationships.

Then I hit my first speed bump in college, and it destroyed me. My grades started slipping and I began isolating myself. I finally realized I was battling depression. The amount of time I spent talking about my depression, whether out loud or to myself, was virtually non-stop.

I would say in my mind, "I'm so depressed. Why am I this depressed?" There was no end, and it was exhausting. I finally got out of that depression, more by luck than changing myself, but the negative self-talk persisted. Whenever I got a melancholic feeling, I went straight back to that incessant self-talk.

My personal journey has led me to studying Buddhist principles and the writings of self-help scholars. I learned that a feeling is not something to reinforce or hide from but instead face and look for the root. The feeling will often transmute if you don't give it too much power.

I was unknowingly perpetuating the feeling with negative self-talk.

Eckhart Tolle explains, "Unhappiness is an ego-created mental emotional disease that has reached epidemic proportions. It is the inner equivalent of the environmental pollution of our planet." He continues, "So the single most vital step on your journey toward enlightenment is this: learn to disidentify from your mind. Every time you create a gap in the stream of mind, the light of your consciousness grows stronger. One day you may catch yourself smiling at the voice in your head, as you would smile at the antics of a child. This means that you no longer take what's in your mind all that seriously, as your sense of self does not depend on it."

Knowing this gave me the power and strength to choose happiness and positivity.



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It reminded me that when I am feeling “depressed,” it’s an egocentric need. My ego is actually enjoying this pity party.

I didn’t learn to disidentify from my mind overnight. In fact, it’s still a work in progress. However, most of the time I can either figure out why I feel a certain way or the feeling passes. I’ve taken the power away from the voice in my head (my ego) and given it back to my authentic self.

There are still times when I fall into that learned pattern and I hear incessantly, “I’m depressed. Why am I so depressed. What’s wrong with me?” However, now I’m able to see it for what it is. I’m able to use it for awareness and presence. This mindful process has allowed me to finally have peace. From the voice of my generation Biggie Smalls, “I went from negative to positive and its all good, baby.”

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You'll have a call with an eH+ Matchmaking Associate so we can learn more about you, your personal and relationship goals, to determine if eH+ is right for you.

+ [Take the Relationship Questionnaire](#)

+ [Meet the Matchmaker](#)

## Ready to find the love of your life?

Email: [ehplussales@eharmony.com](mailto:ehplussales@eharmony.com)

Phone: 855-290-5575

### Too busy to call? We'll call you

#### Your contact details

Name

Email

Phone

#### Matching details

About you

More details

Lastly

# United States of America

United States Patent and Trademark Office

# EH+

**Reg. No. 4,752,709**

**Registered June 9, 2015**

**Int. Cl.: 45**

**SERVICE MARK**

**PRINCIPAL REGISTER**

EHARMONY, INC. (DELAWARE CORPORATION)  
2401 COLORADO AVENUE, SUITE A200  
SANTA MONICA, CA 90404

FOR: MATCHMAKING AND DATING SERVICES, ONLINE DATING SERVICES AND SOCIAL INTRODUCTION SERVICES; PROVIDING INFORMATION AND ADVICE IN THE FIELD OF INTERPERSONAL RELATIONSHIPS, IN CLASS 45 (U.S. CLS. 100 AND 101).

FIRST USE 12-2-2013; IN COMMERCE 12-2-2013.

THE MARK CONSISTS OF STANDARD CHARACTERS WITHOUT CLAIM TO ANY PARTICULAR FONT, STYLE, SIZE, OR COLOR.

OWNER OF U.S. REG. NOS. 4,042,747 AND 4,158,827.

SN 86-139,646, FILED 12-10-2013.

TRACY WHITTAKER-BROWN, EXAMINING ATTORNEY



*Michelle K. Lee*

Director of the United States  
Patent and Trademark Office

## **EXHIBIT D**



MENU

Be your best self.  
Live your best life.

STICK WITH ME  
& I'LL SHOW YOU HOW

GET *FREE* TIPS ON EVERYTHING YOU NEED FOR  
A HEALTHY MIND, BODY AND LIFE.

## Hello I'm Katy!

I help busy, smart and successful women and men just like you heal your body from the inside out, kick butt in your career, build soul-fulfilling relationships, embrace your unique awesomeness, age gracefully, and look and feel your absolute best.

Once you've aligned to optimal health and true internal harmony, everything else in your life starts to fall into place. You perform better at work; you're better in your relationships; and you enjoy life on a whole new level. You're healthy, you're confident, and you LOVE your life.

That's what the Harmony Method® is all about. Restoring your body from the inside out, reestablishing harmony in your life, and empowering you to achieve your biggest dreams, while looking and feeling your absolute best.

Let me show you how to get more of what you want out of life – and less of what you don't.

Learn more about achieving true harmony here...



## Upcoming Events

- Event One
- Event Two
- Event Three
- Event Four
- Event Five

### THE *latest* FROM THE BLOG



#### WHAT IS THE ENERGY LEADERSHIP INDEX ASSESSMENT?

As an Energy Leadership Index Master Practitioner, I believe this is an amazing tool to use to get results fast. The ELI assessment and debrief are [\[read more...\]](#)



#### THE ART OF CHOPPING VEGETABLES

Be an artist in the kitchen! Learn quick & easy tips to chop vegetables for the busy person. This video contains:



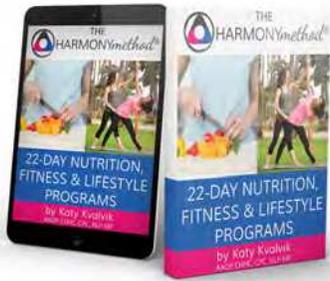
\*Importance of sharp knives. [read more...]



### WHAT IS ENERGY LEADERSHIP?

When I work with clients one-on-one for 11-sessions or more the first thing we do is an Energy Leadership Index assignment. The Energy Leadership [read more...]

## MY MOST *popular* ONLINE PROGRAMS AND PODCASTS



**HARMONYgirl**  
PROGRAMS

The busy woman's flexible Blueprint for Optimal Health & Wellness



**HARMONYmethod**  
PODCASTS & WORKBOOKS

The content-rich Harmony Method podcasts are filled with expert advice in specific health and wellness topics



**HARMONYGUY**  
PROGRAMS

The busy man's flexible Blueprint for Peak Physical & Mental Performance

### LATEST ON *YouTube*



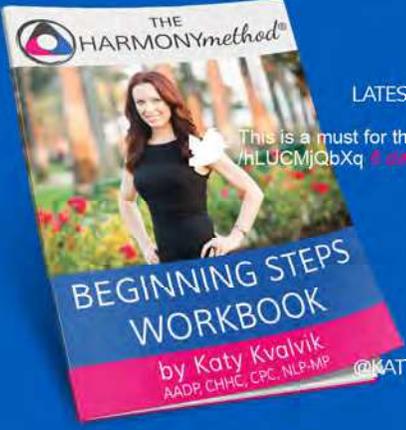
**Subscribe** TO VIEW NEW VIDEOS

### KATY'S *Instagram*



@KATY\_KVALVIK

KATY'S *Facebook Post* *Want to achieve your health goals?* *BECOME A Certified Coach*



LATEST *Tweet* GET YOUR *FREE* COPY OF THE HARMONY METHOD BEGINNING STEPS WORKBOOK, LOADED WITH INFORMATION ON HOW TO BEGIN ARCHIEVING YOUR WEIGHT LOSS, HEALTH, AND WELLNESS GOALS.

This is a must for the sore muscles! <https://t.co/HLUCMjObXq> 8 days ago

NAME  EMAIL

*Get It Now!*

CLICK HERE TO LEARN MORE

@KATYKVALVIK



MEET KATY | BLOG | GIVING BACK | BECOME A CERTIFIED COACH | CONTACT & FAQs | PRIVACY POLICY | TERMS OF USE | DISCLAIMER

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 DESIGNED & DEVELOPED BY VIRTUAL VISIBILITY LLC  
 PHOTOGRAPHY BY MICHAEL MANFREDO



MENU



GET *FREE* TIPS ON EVERYTHING YOU NEED FOR  
A HEALTHY MIND, BODY AND LIFE.

NAME

EMAIL



## *Nutrition, Fitness & Lifestyle Products*

My revolutionary nutrition, fitness, and lifestyle products will help you become a happier, healthier and more harmonized you.

And the best part is, all of the products you find on this page were designed specifically for busy professionals. That means no matter how crazy your life gets, you can still lose weight, reduce stress, and achieve your health and wellness goals.

## HARMONYgirl<sup>®</sup> Programs

THE BLUEPRINT FOR OPTIMAL HEALTH & WELLNESS

A revolutionary nutrition, fitness and lifestyle programs that provides a blueprint for achieving all of your weight loss, health and wellness goals. The Harmony Method<sup>®</sup> programs teaches you simple strategies to be fit, healthy, and happy so you can come into harmony with your true potential and live your best life.

By blending ancient wisdom with modern science, The Harmony Method<sup>®</sup> by Katy Kvalvik is an easy to follow process that will quickly transform your body, mind, and life so you can feel confident and look amazing.

A perfect choice for the busy, smart and successful woman, the step-by-step Harmony Method<sup>®</sup> will show you how to achieve mental clarity; balance your hormones; and make healthy eating fun and simple.

The programs includes custom food guides and worksheets; daily workout routines that really work; and easy, quick recipes that will let you eat deliciously and lose weight. You'll also receive daily motivation, stress-reduction tips, and proven techniques to release emotional baggage around food, your body and your life. And most importantly,



everything you learn during this program can be easily implemented into your busy schedule, setting you up for a lifetime of consistent, sustainable health.

You will complete the Harmony Method programs with more energy, vitality, and confidence than ever before — and you're going to love the way you look and feel in your new body and life.

[CLICK HERE TO LEARN MORE!](#)

## HARMONYGUY® Programs

THE BUSY MAN'S BLUEPRINT FOR PEAK PHYSICAL & MENTAL PERFORMANCE



A fast-working nutrition, fitness and lifestyle programs that gives you the blueprint for achieving your physical and mental performance goals.

Blending ancient wisdom with modern science, The Harmony Method® by Katy Qualvik is an easy step-by-step process that will allow you to feel confident and strong without clocking in hours at the gym or devoting tons of time to planning meals.

Designed specifically for busy, successful men, these programs includes daily workout routines; custom food worksheets and guides; healthy food choices; tips on eating to fuel your day; and expert advice tailored to your specific

targets.

The Harmony Method® also includes everything you need to achieve optimal health, including advanced time and stress management strategies, and tools to focus the mind to achieve total mental clarity. Most importantly, everything you learn during this program will fit right into your busy lifestyle, making it easier than ever to stay on track and achieve your goals.

The Harmony Method® lays the foundation for a lifetime of abundant health. If you're serious about achieving your fitness goals, enjoying life to the fullest, and looking and feeling your best.

[CLICK HERE TO LEARN MORE!](#)

## HARMONYmethod® Podcasts & Workbooks

THE CONTENT-RICH HARMONY METHOD® AUDIO PODCASTS AND WORKBOOKS ARE FILLED WITH EXPERT ADVICE IN SPECIFIC HEALTH AND WELLNESS TOPICS.



You're going to love our content-rich Harmony Method® audio podcasts and workbooks, filled to the brim with expert advice and practical tips to improve your health and life!

All of our podcasts and workbooks cover topics that will really help you change your life, including how to jumpstart your weight loss, quick tips to clean up your diet, powerful strategies to naturally decrease stress, and so many more.

They are perfect for busy women and men just like you, because they empower you to jumpstart your health and wellness journey at your own pace, on your own schedule. Listen to the podcasts at the gym, during your commute, or even while you're cooking dinner! Read the workbooks before you go to bed or when you have a quick break!

Each MP3 and workbook can be easily downloaded to your computer, smart phone, iPad, or iPod. Click below to review the latest topics and download yours today!

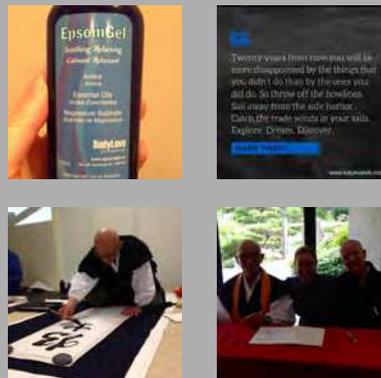
CLICK HERE TO LEARN MORE!

LATEST ON *YouTube*



Subscribe TO VIEW NEW VIDEOS

KATY'S *Instagram*



@KATY\_KVALVIK

KATY'S *Facebook Page*



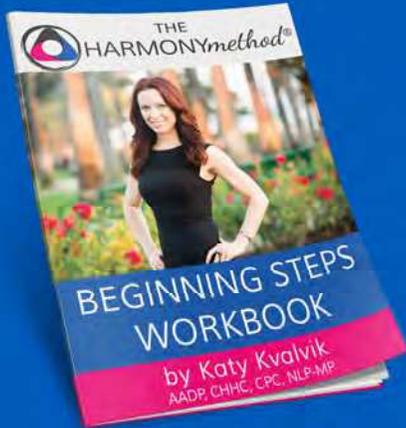
LATEST *Tweet*

@KATYKVALVIK

BECOME A *Certified Coach*



This is a must for the sore muscles:) <https://t.co/nLUCMjQbXq> 6 days ago



CLICK HERE TO LEARN MORE  
*Want to achieve your health goals?*

GET YOUR *FREE* COPY OF THE HARMONY METHOD BEGINNING STEPS WORKBOOK, LOADED WITH INFORMATION ON HOW TO BEGIN ARCHIEVING YOUR WEIGHT LOSS, HEALTH, AND WELLNESS GOALS.



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PHOTOGRAPHY BY MICHAEL MANFREDO



ABOUT NUTRITION PROGRAMS FITNESS & LIFESTYLE PROGRAMS BUY NOW

BE HEALTHY. FEEL CONFIDENT. HAVE FUN. LOVE LIFE.

THE HARMONYmethod®

NUTRITION, FITNESS AND LIFESTYLE PROGRAMS



THE BUSY WOMAN'S BLUEPRINT FOR QUICKLY ACHIEVING ALL OF YOUR WEIGHT LOSS, HEALTH, AND WELLNESS GOALS.

- ✓ Do you want to get healthy, but none of the diets you've tried in the past have worked?
- ✓ Do you require a diet and exercise plan that can fit into a very busy, work/family-centered lifestyle?
- ✓ Is your weight preventing you from feeling confident and really loving your life?
- ✓ Do you want to lose weight, look AMAZING, have energy, age gracefully, and feel confident in your body?

*If so, you are exactly where you need to be right now and you're not alone. Actually, I've had the same questions and concerns and I know exactly how you're feeling.*



My name is Katy Kvalvik, and I specialize in helping busy, smart and successful women just like you get healthy and fit — without spending all your free time at the gym and in the kitchen.

Before I was a certified wellness coach and yoga instructor, I was a competitive triathlete with a background in health and sports medicine and working as a medical professional. Even though my background was in health and sports medicine, and I was working as a medical professional, my own personal health was a disaster.



My lifestyle choices impacted my hormones, so my emotions were all over the place. On a daily basis I endured headaches, digestive problems, acne, sinus infections, mental fog and difficulty sleeping.

And the worst part is, that existence was my normal. I didn't even know what feeling well was. Finally, I got to the point where you are right

now. I'd had enough.

I suffered two massive accidents and gained 18 lbs. My injuries forced me to rebuild my entire body and literally learn how to walk again. Ironically, it was a blessing in disguise: it was the catalyst I needed to change my life and take control of my health and my weight.

My journey motivated me to earn multiple health and wellness certifications to expand on my knowledge of the human body. I traveled to Asia, India, Europe, and South America to study with the best doctors and healers to learn everything I could about eastern medicine and holistic healing techniques.

I then integrated everything I learned – all of this incredible ancient wisdom — with my expertise in modern science, nutrition and fitness. And thus, The Harmony Method® was born.

### WHEN YOU INCORPORATE THE HARMONY METHOD® INTO YOUR DAILY LIFE, YOU'LL BE AMAZED AT HOW THINGS BEGIN TO TRANSFORM FOR YOU:

- ✓ The excess weight you've been carrying will begin to fall off — quickly and consistently.
- ✓ You will restore your body naturally using whole foods and step-by-step strategies. That means no more crazy yo-yo dieting and living with discomfort every day.
- ✓ You will uncover your best self — the you that wakes up each morning feeling invigorated, is full of healthy energy throughout the day, and is able to sleep through the night.
- ✓ Your entire life will improve because, when your health is on point, everything improves. You perform better at work; you're a better partner; and you enjoy life on a whole new level. In other words, your life harmoniously aligns on a higher level.
- ✓ You will be healthy, feel confident, have fun, and LOVE LIFE.

**I HAVE USED THIS EXACT METHOD TO HEAL MY BODY; MAINTAIN MY IDEAL WEIGHT; FEEL RELAXED, FOCUSED, AND ENERGIZED ALL DAY LONG; AND ACHIEVE MY PERSONAL AND PROFESSIONAL GOALS...**

**...AND I'VE COACHED TONS OF OTHER WOMEN TO DO THE SAME.**

*Today, I invite YOU to take the challenge.*

Join me, and let me help you lose weight, restore your body naturally, and take back control of your life.



Thank you Katy for all your support and help on turning around my diet and losing 22 lbs. Having little extra time on my hands, I can't believe how easy it was to implement your simple nutrition and exercise strategies and how quickly I got results. Going from a size 8 to a size 4 has changed my life. I have a whole new awareness about health and the courage to go after what I really want. You are an incredible, inspirational leader and I feel the best I ever have!

– *Gina*, ADVERTISING EXECUTIVE, Los Angeles, CA

Working with Katy has been truly life changing. The amount of wisdom, diverse experience and mental clarity she brings to the table is impressive. Through working with her I was able to make simple adjustments in my busy life that made it so I lost 18 lbs. and was able to get off sugar. My energy is back to what it was before I had kids and I feel more calm and centered than ever before. I wish I had met her 15 years ago!

– *Cynthia*, DOCTOR, Boston, MA



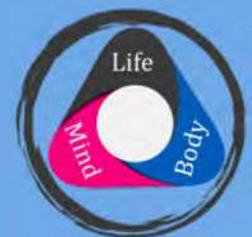
## Enroll Now

[CLICK HERE TO BUY NOW](#)

### WHAT IS THE HARMONY method®?

THE HARMONY METHOD® IS THE MOST COMPREHENSIVE APPROACH TO WOMEN'S HEALTH AVAILABLE TODAY.

IT'S A TOTAL LIFESTYLE SYSTEM THAT IS BROKEN DOWN INTO FOUR ONLINE PROGRAMS FOR THE BUSY, SMART AND SUCCESSFUL WOMAN, THAT PROVIDES A STEP-BY-STEP CUSTOMIZED BLUEPRINT FOR HEALING YOUR BODY FROM THE INSIDE OUT; AGING GRACEFULLY; AND LOOKING AND FEELING YOUR ABSOLUTE BEST EACH AND EVERY DAY.



THE HARMONY METHOD IS A WAY OF LIFE. IT LOOKS AT THE DYNAMIC MACRO AND MICRO CONSTRUCTS OF HOW ONE'S MIND, BODY AND LIFE ARE ALIGNED FOR OPTIMAL HEALTH AND TRUE INTERNAL HARMONY.

THE HARMONYmethod® consists of  
*four in-depth 11-Day & 22-Day  
Programs*

HERE IS AN OVERVIEW OF WHAT YOU'LL LEARN:

PROGRAMS ONE & TWO



*Nutrition Programs*

THE HARMONY GIRL'S COMPREHENSIVE BLUEPRINT  
TO EATING FOR HEALTH, HAPPINESS, AND  
WELLNESS.

1

## 11-Day Fast Track Your Harmony Method® Nutrition Program:

A STRAIGHTFORWARD OVERVIEW ON HOW TO IMPLEMENT EASY,  
HEALTHY NUTRITION INTO A BUSY LIFESTYLE.

### WHAT THE PROGRAM INCLUDES:

- ✓ 11 days of videos along with daily PDFs that tell you step-by-step exactly how to eat and what to eat to lose weight and achieve your health goals.
- ✓ Complete overview of the 4 phases of the Harmony Method® blueprint along with my strategies and techniques on how to implement easy, healthy nutrition into a busy lifestyle.
- ✓ The delicious & healthy Harmony Method® 5-Day meal plan. Complete with recipes you can make in 11-minutes or less! Plus, learn how to create your own weekly meal plans with templates, customized for your tastes and lifestyle.
- ✓ Homecooking 101: simple videos on how to cook to lose weight, feel amazing and spend minimal time in the kitchen.
- ✓ The Harmony Method® pantry clean out + shopping list: A clear-cut list on what to stock your kitchen with — and what needs to go! This will save you time at the grocery store and in the kitchen.
- ✓ Complete kitchen inventory list- what you need to stock in your kitchen (and how to use it), and what is not necessary.
- ✓ Specific strategies to help you have all-day energy- everyday!
- ✓ Learn common mistakes people make when trying to eat healthy, lose weight or heal naturally and how to avoid them.
- ✓ Immediate access to your program on The Harmony Girl Programs Members Website.

## Bonuses

When you enroll in The Harmony Method® Fast Track Nutrition Program, you'll receive the following bonuses, designed to jumpstart your journey to achieving total health, wellness, and life success.

### HEALTHY FOOD CHOICES ON THE GO

Get my best advice on how to make healthy food choices no matter where you are — whether you're at a party, celebrating during the holidays, or traveling.

### HARMONY METHOD® BUDGET

Learn how to eat a fresh, healthy, and mostly organic diet without going broke.

## HEALTHY SUBSTITUTIONS

Complete list of brands I love for healthy substitutions and my game plan on how to titrate (step-by-step) gently off certain foods to increase mental clarity, overall health and sustainable results.

## SIGNS & SYMPTOMS UNCOVERED

A guide to understanding the signs & symptoms of food sensitivities and food allergies and what to avoid if this is happening to recover fast!



## 22-Day Harmony Method<sup>®</sup> Nutrition 101 Program:

**IN-DEPTH EDUCATION THAT GIVES YOU THE TOOLS TO LOSE WEIGHT, RESTORE YOUR BODY & MASTER YOUR NUTRITION TO ACHIEVE SUSTAINABLE RESULTS.**

### WHAT THE PROGRAM INCLUDES:

- ✓ Receive 22 days of videos along with daily PDFs that give you everything you need step-by-step to restore your body physically from the inside out, lose weight and master your nutrition.
- ✓ Balance your hormones, achieve digestive health, and achieve body harmony – no matter what stage of life you're in.
- ✓ Find out which foods will give you dewy skin, shiny hair, and an overall gorgeous appearance from the inside out.
- ✓ Everything you need to know about "good vs. bad" fats, carbs, and proteins, so you can identify your body's perfect combination for weight loss and weight maintenance.
- ✓ Learn how to eat to prevent disease, pull yourself out of illness, and restore your body naturally.
- ✓ The skinny on what supplements are absolutely necessary and a simple way to work supplements into your routine to achieve optimal health.
- ✓ Which superfoods are right for your body, plus easy, quick and delicious ways to work them into your diet. Hello kale, spirulina and quinoa!
- ✓ How inflammation, disease and stagnation works with all 11 systems of the body and the game plan on how to get out of the cycle of chronic inflammation to heal faster (Everyone needs to know this!).

- ✓ Strategies to get back on track when you spend an entire weekend making poor food choices, or if you miss a few weeks of exercise.
- ✓ The best eating plan for your unique body and lifestyle, and how to develop your intuition to identify nutrient deficiencies. (This also explains why certain diets just don't work for certain people.)
- ✓ I'll show you what foods are preventing you from achieving optimal health, and which foods you need to start eating in order to achieve your goals. Plus, I'll teach you new, healthy ways of eating your less-than-healthy favorite foods.
- ✓ Learn to manage your time so you achieve your goals in less time and with less effort. (These are the time-management tools that the most successful people in the world use!)
- ✓ Plus, I'm going to teach you the super advanced time management and organizational skills that the most successful people on the planet use, so you can achieve your goals in half the time.
- ✓ Learn more in-depth common mistakes people make when trying to eat healthy, lose weight or heal naturally and how to avoid them.
- ✓ Get immediate access to your program on The Harmony Girl Programs Members Website.

## Bonuses

When you enroll in The Harmony Method® Nutrition 101 Program, you'll receive the following bonuses, designed to jumpstart your journey to achieving total health, wellness, and lifestyle success.

### THE SECRETS TO AGING GRACEFULLY, PART 1: BODY

The health of your cells and blood determine how well you will age. As a special bonus in this program, you'll learn how to actually restore and rejuvenate your cells naturally, so you can slow down premature aging and prevent disease.

### THE HARMONY METHOD® 3-DAY CLEANSE

Jumpstart your weight loss and clear the toxins out of your body with this nourishing cleanse. Also included are all my Do's and Don'ts from years of experience in cleansing the physical body.

## PROGRAMS THREE & FOUR



## *Fitness & Lifestyle Programs*

YOUR GUIDE TO EXERCISING SMARTER;  
AGING GRACEFULLY; AND LIVING A FIT,  
HAPPY, AND HEALTHY LIFE!

### *Program 3*

## *11-Day Fast Track Your Harmony Method<sup>®</sup> Fitness Program:*

SLIM DOWN, TONE UP, & MASTER YOUR FITNESS ROUTINE THE  
HARMONY GIRL WAY.

#### WHAT IS INCLUDED IN THE PROGRAM:

- ✓ 11 days of videos along with daily PDFs that teaches you how to tone and tighten your legs, butt, abs, arms, and back to support you on losing weight and achieving your wellness goals!
- ✓ Receive 15-days of customized workout routines. Each workout is only 11-minutes and is designed to get you results fast!
- ✓ Learn breathing and energy routines that will clear blockages from your body and mind, and have you feeling less stress in no time.
- ✓ I'll teach you all my strategies on changing habits and plus my best motivational strategies to ensure that you're always performing your best – both in fitness and in life.

- ✓ Receive specialized help setting and achieving your fitness goals.
- ✓ Get customized morning and evening routines that are designed to help you achieve very specific goals, such as increase mental clarity, improve flexibility or tone your upper thighs.
- ✓ Receive a comprehensive introduction to yoga, including tips on posture, techniques, sequences, and transitions that will support you on your journey to heal your body and lose weight.
- ✓ Learn common mistakes people make when trying to get into shape and lose weight and what to do to avoid them.
- ✓ Get immediate access to your program on The Harmony Girl Programs Members Website.

## Bonuses

When you enroll in The Harmony Method® Fast Track Fitness Program, you will receive the following bonuses, designed specifically to guide you through losing weight, getting fit, and achieving all of your exercise goals.

### THE BASICS OF INJURY PREVENTION

Learn how to prevent and restore workout-related injuries, especially those affecting your ankles, knees, hips, back, neck, and shoulders.

### THE HARMONY GIRL'S COMPLETE GUIDE TO TRAVEL FITNESS ROUTINES

You can do these amazing travel fitness routines anywhere – in your hotel room, on vacation, or during business trips – to burn calories and tone up!

Program  
4

22-Day Harmony Method® Mind & Lifestyle Program:

## THE FLEXIBLE BLUEPRINT FOR VITALITY, TOTAL EMOTIONAL AND MENTAL WELLNESS, AND TO LOVE YOUR LIFE!

### WHAT IS INCLUDED IN THE PROGRAM:

- ✓ 22 days of videos on gaining a deeper understanding of how your mind and body work together, so you can master your emotions, release emotional baggage, and become the healthiest and happiest you possible.
- ✓ Get the exact tools, strategies, and formulas that will produce results for you and your unique mind and lifestyle. This will give you the insight on how to have the mental clarity to take action to manifest ideas quickly.
- ✓ Stop emotional eating and food cravings once and for all, to the point where you won't even want to drown your sorrows in ice cream, alcohol, or macaroni and cheese anymore.
- ✓ Learn all about how your food choices affect your emotional health, and what foods to eat to feel better.
- ✓ Learn on a deeper level how mental stress works in your body with your hormones and what to do to overcome chronic stress to feel calm and centered everyday!
- ✓ Get started on an easy-to-follow visualization and meditation routine, so you can overcome stress and center yourself no matter what life throws at you.
- ✓ Receive an introduction to Tai Chi and Qi Gong, and use these ancient techniques to age gracefully and maintain vitality throughout your life.
- ✓ Get amazing evening routines to fall asleep easily and get a good night's rest – every single night.
- ✓ The core principles of the Harmony Method, which will allow your unique authentic self to shine and easily manifest the body, mind, and life you desire.
- ✓ Get all my tips on how to increase pleasure & love in the bedroom and outside of it.
- ✓ Incorporate The Harmony Method® Nutrition, Fitness and Lifestyle Program into your daily routine, so your health and weight loss results are sustainable.
- ✓ Learn how to flow through life in true harmony; be confident; and stay committed to your goals, even when life gets crazy.
- ✓ Get immediate access to your program on The Harmony Girl Programs Members Website.

## Bonuses

When you enroll in The Harmony Method® Mind & Lifestyle Program, you will receive the following bonuses, designed specifically to guide you through losing weight, feeling amazing and achieving all of your life goals.

### THE SECRETS TO AGING GRACEFULLY PART 2: MIND & LIFE

Learn how to slow down the aging process by rejuvenating and relaxing your mind and how to keep your mind & brain health in tip-top shape for vitality and longevity.

### THE HARMONY GIRL'S GUIDE TO SELF-CARE

Learn how to perform self-care in a way that nourishes your mind, body, and spirit, and supports you as you work towards achieving your goals.

### THE HARMONY GIRL'S GUIDE TO ENERGY

Learn what energy really is, how to get more of it, and how to use energy to support your life. This extra special bonus also includes tips on how to harness the energy already inside of you to stay committed to your goals and at the top of your game.

## *Freedom to Thrive*



We are here to create a difference in the world, and that is why 10 percent of all proceeds from The Harmony Method® online programs are donated to the Freedom to Thrive organization.

When you invest in yourself through our online training programs, you are not only helping yourself, you are also helping to support students and parents all over the world. Thank you for giving back.

At Freedom to Thrive, our mission is to teach students the basic life skills and health, wellness, and financial knowledge they need to thrive in the real world to lead happy and successful lives.

To learn more about Freedom To Thrive visit: [www.katykvalvik.com/giving-back](http://www.katykvalvik.com/giving-back)

*Currently, Freedom To Thrive is putting together two online programs. One program tailored for students and the other program for parents. Both programs will be launched in Spring 2016.*

*How much does THE HARMONYmethod® cost?*

### FITNESS PROGRAM COST

You get all of the customized help with slimming down and toning up for only ~~\$297~~ \$197.

[CLICK HERE TO PRE-ENROLL](#)

*\*Program 3 will be available October 30th*

### PROGRAM 2:

#### 22-DAY HARMONY METHOD® NUTRITION 101 PROGRAM COST

You get all the customized help to master your nutrition to achieve your weight loss goals, and a healthier and happier life for only ~~\$397~~ \$297.

[CLICK HERE TO PRE-ENROLL](#)

*\*Program 2 will be available September 21st*

### PROGRAM 4:

#### 22- DAY HARMONY METHOD® MIND & LIFESTYLE PROGRAM COST

You get all of the customized help to achieve vitality and mental clarity for only ~~\$397~~ \$297.

[CLICK HERE TO PRE-ENROLL](#)

*\*Program 4 will be available October 15th*

## Purchase All Harmony Girl Programs

CLICK HERE TO PRE-ENROLL IN **ALL FOUR PROGRAMS** AND SAVE \$100. (RECOMMENDED)

\*\*\*THE HARMONY METHOD® ONLINE PROGRAMS WERE CREATED TO BE COMPLETED SEQUENTIALLY- ONE AFTER ANOTHER.

*\*All programs will be available September 30th*



It's a whole new world after working with Katy. The girl just gets it. I was able to clean up my digestion issues, sinus problems and acne that I have had for years. In the process I was also able to get major clarity in my life and what to do in my relationships. I am super busy and Katy made everything simple and gave me a lot of motivation and accountability to go after my goals professionally and personally. Everyone needs a little Katy in their life!

– *Debra*, **LAWYER**, **Chicago, IL**

I found Katy after gaining 20 pounds from a severe back injury. The amount of compassion and knowledge Katy has motivated me to get my life back, lose the weight and rebuild my body. Her method on how to shift perspectives and get the most out of life has been transformational. The best part about her method of doing things is it's flexible and she has strategies on how to get back on target after following off. She is a powerful living example of what she teaches and I would recommend her to anyone that is struggling from an injury.



– *Kathy*, **INTERIOR HOME DESIGNER**, **Santa Barbara, CA**

## How are THE HARMONY method® Programs accessed online?

After purchasing the programs, you will receive a Registration Link for the membership site where you will be able to create a username and password, once you have created a username and password, you will have immediate access to the online programs through the membership site. You must create a username and password right after you purchase the online programs.

You will receive a follow up email with simple step-by-step instructions on how to access the online programs. Each program contains videos, handouts, tips, action items, recipes, and everything else you'll need in order to eat, exercise, and live well.

You'll also receive immediate access to the Harmony Method® Beginning Steps Workbook in this email. Your workbook is loaded with information on how to begin achieving your weight loss, health, and wellness goals, as well as all the resources you'll need to get started and

make your program a success. Once you login into the membership site, I will take you through each step in the workbook under the Start Here button. It is important to complete the first four steps before starting the programs.

The programs are designed for the busy women. All of the content is simple, educational, and all yours to keep forever, so you can do everything at your own pace.

If for some reason you did not create your username and password immediately after purchasing the programs you will have to contact the support team at [info@harmonygirlprograms.com](mailto:info@harmonygirlprograms.com) to obtain a username and password.

## FAQs

### + Who Can Join the Harmony Girl® Programs?

Participants just have to be over the age of 18 years old. Location doesn't matter, all of the content of the programs is on the membership website through [harmonygirlprograms.com](http://harmonygirlprograms.com). Once you purchase the programs you will create a username and password and have immediate access to the programs.

### + Can men join the Harmony Girl® programs or women join the Harmony Guy® programs?

### + What's the time commitment?

### + How are the Harmony Girl® Programs accessed online?

### + My life is so busy. Will this program fit into my daily life and schedule?

### + What happens if I fall behind on the daily content?

### + Will the Harmony Method® Nutrition, Fitness and Lifestyle programs help me to lose weight?

### + Will I feel hungry on this program?

### + Is this program gluten-free?

### + Is this program safe for pregnant women?

### + What's the refund policy?

### + What if I forget my username or password?

### + If I purchased one program and purchase another program at a later date, would I have the same username and password?

### + How do I buy all four programs?

### + How do I access all four programs on the membership site?

After going through the FAQs, if you still have a question about the Harmony Girl® Programs, please email [info@harmonygirlprograms.com](mailto:info@harmonygirlprograms.com).

*A fit, healthy, & happy life can be yours.*



- ✓ If you are ready to lose the weight...
- ✓ If you are ready to commit to changing your life...
- ✓ If you are ready to strategically work hard to achieve your goals...
- ✓ If you are ready to be healthy, feel confident, have fun, and LOVE LIFE...
- ✓ Then you are READY for The Harmony Method®.

*Enroll Now*

CLICK HERE TO BUY NOW



BACK TO THE TOP

\*\*\*10 percent of all proceeds from all Harmony Method® programs benefit the Freedom to Thrive organization.

© Copyright 2015 Katy Kvalvik. All rights reserved. The information in this program is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. Katy encourages you to make your own health care decisions based upon your research and in partnership with a qualified health care professional.



**HARMONYGUY®**  
PROGRAMS

ABOUT

NUTRITION PROGRAMS

FITNESS & LIFESTYLE PROGRAMS

BUY NOW



BE HEALTHY. GAIN STRENGTH. FEEL CONFIDENT.  
LOVE LIFE.

THE HARMONYmethod®

NUTRITION, FITNESS AND LIFESTYLE  
PROGRAMS

THE BUSY MAN'S BLUEPRINT FOR QUICKLY ACHIEVING ALL OF YOUR  
FITNESS, HEALTH, AND WELLNESS GOALS.

- ✓ Do you require an exercise plan that yields significant results and can fit into a busy, work-centered lifestyle?
- ✓ Do you want to get healthy and lose weight, but none of the nutrition plans you've tried in the past have worked?
- ✓ Do you want to double your energy and perform better in and out of the office?
- ✓ Do you want to feel confident, strong and centered in your body?

**IF YOU ANSWERED YES TO ANY OF THE ABOVE  
QUESTIONS THEN YOU ARE EXACTLY WHERE YOU NEED TO  
BE RIGHT NOW AND YOU'RE NOT ALONE.**



My name is Katy Kvalvik, and I specialize in helping busy, professional men just like you get healthy and fit — without spending all your free time at the gym.

Before I was a certified wellness coach and yoga instructor, I was a competitive triathlete with a background in health and sports medicine and working as a medical professional. Even though I was in the medical industry my own personal health was somewhat a disaster. Not only was I carrying around excess weight, I was constantly exhausted and stressed out.



Finally, I got to the point where you are right now. I'd had enough.

I endured a traumatic cycling accident and gained 18 lbs. My injuries forced me to rebuild my entire body and literally learn how to walk again. Ironically, it was a blessing in disguise: it was the catalyst I

needed to change my life and take control of my health and my weight.

The recovery motivated me to begin a new journey where I earned multiple health, wellness and fitness certifications to expand on my knowledge of the human body. I traveled to Asia, India, Europe, and South America to study with the best doctors, healers and martial artists. I learned everything I could about powerful eastern remedies and holistic healing techniques.

Then I integrated everything I learned – all of this incredible ancient wisdom — with my expertise in modern science, nutrition and fitness. And thus, The Harmony Method® was born.

### WHEN YOU INCORPORATE THE HARMONY METHOD® INTO YOUR DAILY LIFE, YOU'LL BE AMAZED AT HOW THINGS BEGIN TO TRANSFORM FOR YOU:

- ✓ The excess weight you've been carrying will begin to fall off — quickly and consistently.
- ✓ You will restore your body using whole foods and step-by-step strategies. That means no more crazy dieting or living with discomfort every day.
- ✓ You will uncover your best self — the you that wakes up each morning feeling invigorated, is full of healthy energy throughout the day, and is able to sleep through the night.
- ✓ Your entire life will improve because, when your health and wellness is on point, everything is on point. You perform better at work; you're a better partner; and you enjoy life on a whole new level. In other words, your life harmoniously aligns on a higher level.
- ✓ You will be healthy, gain strength, feel confident and LOVE LIFE.

**I HAVE SINCE USED THIS EXACT METHOD TO REBUILD MY BODY; ACHIEVE MY IDEAL BODY SHAPE; FEEL RELAXED, FOCUSED, AND ENERGIZED ALL DAY LONG; AND ACHIEVE MY PERSONAL AND PROFESSIONAL GOALS...**

**...AND I'VE COACHED TONS OF OTHER MEN TO DO THE SAME.**

**TODAY, I INVITE YOU TO TAKE THE CHALLENGE.**

Join me, and let me help you achieve your best body and turbo charge your life.



When I first started with Katy I was overweight for working long hours behind a desk and had no motivation or time to go to the gym. She makes getting into shape simple, fun and easy. Her method is the exact clarity I needed to get back to the body I had 10 years ago. Thanks Katy!



– Patrick, WEB DEVELOPER, New York City

My work schedule is hectic and Katy's quick workouts and nutrition insight made it so I got results fast! I lost 15 lbs and my abs are back. Katy totally gets men and she keeps things super simple and exciting so you want to stay on track. After working with Katy I found out she has two older brothers and was a tomboy growing up- go figures. I recommend her to all my friends!



– Matt, ENTREPRENEUR, Los Angeles, CA

## ENROLL NOW

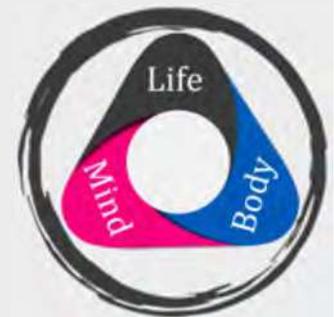
[CLICK HERE TO BUY NOW](#)

### WHAT IS THE HARMONYmethod®?

THE HARMONY METHOD® IS THE MOST COMPREHENSIVE APPROACH TO MEN'S HEALTH AVAILABLE TODAY.

IT'S A TOTAL LIFESTYLE SYSTEM FOR THE BUSY AND SUCCESSFUL MAN. IT PROVIDES A STEP-BY-STEP CUSTOMIZED BLUEPRINT FOR RESTORING YOUR BODY FROM THE INSIDE OUT; SLOWING DOWN THE AGING PROCESS; AND LOOKING AND FEELING YOUR ABSOLUTE BEST EACH AND EVERY DAY.

THE HARMONY METHOD® IS A WAY OF LIFE. IT LOOKS AT THE DYNAMIC MACRO AND MICRO CONSTRUCTS OF HOW ONE'S MIND, BODY AND LIFE ARE ALIGNED FOR OPTIMAL HEALTH AND TRUE INTERNAL HARMONY.



THE HARMONYmethod® CONSISTS OF  
FOUR IN-DEPTH PROGRAMS

HERE IS AN OVERVIEW OF WHAT YOU'LL LEARN:

## PROGRAMS ONE & TWO



## NUTRITION PROGRAMS

THE BUSY GUY'S BLUEPRINT TO EATING FOR  
HEALTH, STRENGTH, AND WELLNESS.

### PROGRAM 1

**11-Day Fast Track Your  
Harmony Method® Nutrition Program:**

## A STRAIGHTFORWARD OVERVIEW ON HOW TO IMPLEMENT EASY, HEALTHY NUTRITION INTO A BUSY LIFESTYLE.

### WHAT THE PROGRAM INCLUDES:

- ✓ 11 days of videos along with daily PDFs that tell you step by step exactly how to eat and what to eat to lose weight and achieve your health goals.
- ✓ Complete overview of the first 2 phases of the Harmony Method® nutrition blueprint along with my strategies and techniques on how to implement simple, healthy nutrition into a busy lifestyle.
- ✓ The delicious & healthy Harmony Method® 7-Day meal plan. Complete with recipes you can make in 11-minutes or less! Plus, learn how to create your own weekly meal plans with templates, customized for your tastes and lifestyle.
- ✓ Homecooking skills 101: easy, quick videos on how to cook to lose weight, feel amazing and spend minimal time in the kitchen.
- ✓ The Harmony Method® pantry clean out + shopping list: A clear-cut list on what to stock your kitchen with — and what needs to go! This will save you time at the grocery store and in the kitchen.
- ✓ Complete kitchen inventory list- what you need to stock in your kitchen (and how to use it), and what is not necessary.
- ✓ Learn common mistakes people make when trying to eat healthy, lose weight or heal naturally and how to avoid them.
- ✓ Get immediate access to your program on The Harmony Guy® Programs Members Website.

## BONUSES

When you enroll in The Harmony Method® Fast Track Nutrition Program, you'll receive the following bonuses, designed to jumpstart your journey to achieving total health, wellness, and life success.

### HEALTHY FOOD CHOICES ON THE GO

Get my best advice on how to make healthy food choices no matter where you are — whether you're at a party, celebrating during the holidays, or traveling.

### HARMONY METHOD BUDGET

Learn how to eat a fresh, healthy, and mostly organic diet without going broke or spending an hour in the kitchen.

### HEALTHY SUBSTITUTIONS

Complete list of brands I love for healthy substitutions and my game plan on how to titrate gently off certain foods to increase mental performance and overall health.

### SIGNS & SYMPTOMS UNCOVERED

A guide to understanding the symptoms of food sensitivities and food allergies and what to avoid if this is happening.



## PROGRAM 2

# 22-Day Harmony Method® Nutrition 101 Program:

IN-DEPTH EDUCATION THAT GIVES YOU THE TOOLS TO LOOSE WEIGHT, RESTORE YOUR BODY & MASTER YOUR NUTRITION TO ACHIEVE SUSTAINABLE RESULTS FOR THE BUSY GUY.

### WHAT THE PROGRAM INCLUDES:

- ✓ Receive 22 days of videos along with daily PDFs that give you everything you need step-by-step to restore your body physically from the inside out, lose weight and master your nutrition.
- ✓ Achieve digestive health, a faster metabolism and complete body harmony – no matter what stage of life you're in.
- ✓ Find out which foods will give you a leaner body, natural energy, and an overall alluring appearance from the inside out.
- ✓ Everything you need to know about "good vs. bad" fats, carbs, and proteins, so you can identify your body's perfect combination for weight loss and weight maintenance.
- ✓ Learn how to eat to prevent disease, pull yourself out of illness, and restore your body naturally.
- ✓ The skinny on what supplements are absolutely necessary and a simple way to work supplements into your routine to achieve optimal health.
- ✓ Which superfoods are right for your body, plus easy, quick and delicious ways to work them into your diet. Hello kale, spirulina and quinoa!
- ✓ How inflammation, disease and stagnation works with all 11 systems of the body and the game plan on how to get out of the cycle of chronic inflammation to heal faster (Everyone needs to know this!).
- ✓ Strategies to get back on track when you spend an entire weekend making poor food (or drink) choices, or if you miss a few weeks of exercise.
- ✓ The best eating plan for your unique body and lifestyle, and how to develop your intuition to identify nutrient deficiencies. (This also explains why certain diets just don't work for certain people.)
- ✓ I'll show you what foods are preventing you from achieving optimal health, and which foods you need to start eating in order to achieve your goals. Plus, I'll teach you new, healthy ways of eating your less-than-healthy favorite foods.
- ✓ Learn more in depth common mistakes people make when trying to eat healthy, lose weight or heal naturally and how to avoid them.
- ✓ Learn how to manage your time so you achieve your professional and personal goals quicker and with less effort. (These are

the time-management tools that the most successful people in the world use!)

- ✓ Get immediate access to your program on The Harmony Guy Programs Member's Website.

## BONUSES

When you enroll in The Harmony Method® Nutrition 101 Program, you'll receive the following bonuses, designed to jumpstart your journey to achieving total health, wellness, and life success.

### THE SECRETS TO SLOWING DOWN AGING, PART 1: BODY

The health of your cells and blood determine how well you will age. As a special bonus in this program, you'll learn how to actually restore and rejuvenate your cells naturally, so you can slow down premature aging and prevent disease.

### HARMONY METHOD® 3-DAY CLEANSE

Jumpstart your weight loss and clear the toxins out of your body with this nourishing cleanse. Also included are all my Do's and Don'ts from years of experience in cleansing the physical body.

## PROGRAMS THREE & FOUR



## FITNESS & LIFESTYLE PROGRAMS

LIFE!



## PROGRAM 3

# 11-Day Fast Track Your Harmony Method<sup>®</sup> Fitness Program:

SLIM DOWN, TONE UP & MASTER YOUR FITNESS ROUTINE THE  
HARMONY GUY<sup>®</sup> WAY.

### WHAT THE PROGRAM INCLUDES:

- ✓ 11 days of videos along with daily PDFs that teaches you how to strengthen and tone your legs, butt, abs, arms, and back to support you on losing weight and achieving your wellness goals!
- ✓ Receive 15-days of customized workout routines. Each workout is only 11-minutes and is designed to get you results fast!
- ✓ Learn breathing and energy routines that will clear blockages from your body and mind, and have you feeling less stress in no time.
- ✓ I'll teach you all my strategies on changing habits and plus my best motivational strategies to ensure that you're always performing your best – both in fitness and in life.
- ✓ Receive specialized help setting and achieving your fitness goals.
- ✓ Get customized morning and evening routines that are designed to help you achieve very specific goals, such as increase mental clarity, improve flexibility or strengthen your arms.
- ✓ Receive a comprehensive introduction to yoga, including tips on posture, techniques, sequences, and transitions that will support you on your journey to heal your body and lose weight.
- ✓ Get my best motivational strategies to ensure that you're always performing your best – both in fitness and in life
- ✓ Learn common mistakes people make when trying to get into shape and lose weight and what to do to avoid them.
- ✓ Get immediate access to your program on The Harmony Guy Programs Members Website

## BONUSES

When you enroll in The 11-Day Fast Track Your Harmony Method® Fitness Program, you will receive the following bonuses, designed specifically to guide you through losing weight, getting fit, and achieving all of your exercise goals.

#### THE BASICS OF INJURY PREVENTION

Learn how to prevent and restore workout-related injuries, especially those affecting your ankles, knees, hips, back, neck, and shoulders

#### THE HARMONY GUY'S COMPLETE GUIDE TO TRAVEL FITNESS ROUTINES

You can do these amazing travel fitness routines anywhere – in your hotel room, on vacation, or during business trips – to burn calories and tone up!



## PROGRAM 4

## 22-Day Harmony Method® Mind & Lifestyle Program:

THE FLEXIBLE BLUEPRINT FOR VITALITY, TOTAL EMOTIONAL AND MENTAL WELLNESS, AND TO LOVE YOUR LIFE!

#### WHAT THE PROGRAM INCLUDES:

- ✓ 22 days of videos on gaining a deeper understanding of how your mind and body work together, so you can master your feelings, release baggage, and become the healthiest and fulfilled you possible.
- ✓ Get a customized game plan of tools, strategies, and formulas that will produce results for you and your unique mind, body and lifestyle. This will give you the insight on how to have the mental clarity to take action to manifest ideas quickly.
- ✓ Learn all about how your food choices affect your emotional health, and what foods to eat to feel strong and centered.
- ✓ Stop over eating and food cravings once and for all, to the point where you won't even want to drown your sorrows in ice cream, alcohol, or macaroni and cheese anymore.
- ✓ Learn on a deeper level how mental stress works in your body and what to do to overcome chronic stress to feel calm and centered everyday!
- ✓ Get started on an easy-to-follow visualization and meditation routine, so you can overcome stress and center yourself no

matter what life throws at you.

- ✓ Receive an introduction to Tai Chi and Qi Gong, and use these ancient techniques to age gracefully and maintain vitality throughout your life.
- ✓ Get amazing evening routines to fall asleep easily and get a good night's rest – every single night.
- ✓ Get customized morning and evening routines that are designed to help you achieve very specific goals, such as increase mental clarity, improve flexibility or strengthen your arms.
- ✓ The core principles of the Harmony Method, which will allow your unique authentic self to shine and easily manifest the body, mind, and life you desire.
- ✓ Understanding your sex drive and what to do to restore your libido no matter what stage of life you are in.
- ✓ Incorporate the Harmony Method® Nutrition, Fitness and Lifestyle Programs into your daily routine, so your overall health and weight loss results are sustainable.
- ✓ Learn how to flow through life in true harmony; be confident; and stay committed to your goals, even when life gets crazy.
- ✓ Get immediate access to your program on The Harmony Guy Programs Members Website.

## BONUSES

When you enroll in The Harmony Method® Mind & Lifestyle Program, you will receive the following bonuses, designed specifically to guide you through losing weight, feeling amazing and achieving all of your life goals.

### THE SECRETS TO SLOWING DOWN AGING PART 2: MIND & LIFE

Learn how to slow down the aging process by rejuvenating and relaxing your mind and how to keep your mind & brain health in tip-top shape for vitality and longevity.

### THE HARMONY GUY'S GUIDE TO SELF-CARE

Learn simple self-care techniques in a way that nourishes your mind, body, and spirit, and supports you as you work towards achieving your goals.

### THE HARMONY GUY'S GUIDE TO ENERGY

Learn simple self-care techniques in a way that nourishes your mind, body, and spirit, and supports you as you work towards achieving your goals.

## FREEDOM TO THRIVE

We are here to create a difference in the world, and that is why 10 percent of all proceeds from The Harmony





**FREEDOM TO  
THRIVE**

Method® online programs are donated to the Freedom to Thrive organization.

When you invest in yourself through our online training programs, you are not only helping yourself, you are also helping to support students and parents all over the world. Thank you for giving back.

At Freedom to Thrive, our mission is to teach students the basic life skills and health, wellness, and financial knowledge they need to thrive in the real world to lead happy and successful lives.

To learn more about Freedom To Thrive visit: [www.katykvalvik.com/giving-back](http://www.katykvalvik.com/giving-back)

*Currently, Freedom To Thrive is putting together two online programs. One program tailored for students and the other program for parents. Both programs will be launched in Spring 2016.*

## HOW MUCH DOES THE HARMONYmethod® COST?

PROGRAM 1:

11-DAY FAST TRACK YOUR HARMONY METHOD®  
NUTRITION PROGRAM COST

## 22-DAY HARMONY METHOD® NUTRITION 101 PROGRAM COST

You get all the customized help to master your nutrition to achieve your weight loss goals, and a healthier and happier life for only ~~\$397~~ \$297.

[CLICK HERE TO PRE-ENROLL](#)

*\*Program 2 will be available September 21th*

## PROGRAM 4: 22- DAY HARMONY METHOD® MIND & LIFESTYLE PROGRAM COST

You get all of the customized help to achieve vitality and mental clarity for only ~~\$397~~ \$297.

[CLICK HERE TO PRE-ENROLL](#)

*\*Program 4 will be available October 15th*

## Purchase All Harmony Guy Programs

[CLICK HERE TO PRE-ENROLL IN ALL FOUR PROGRAMS AND SAVE \\$100. \(RECOMMENDED\)](#)

\*\*\*THE HARMONY METHOD® ONLINE PROGRAMS WERE CREATED TO BE COMPLETED SEQUENTIALLY- ONE AFTER ANOTHER.

*\*All programs will be available September 30th*



I have never meant anyone like Katy. Her motivation and attention to detail made turning my diet and exercise program around easy! Her efficient workouts are simple to implement into a busy lifestyle. The information and education is what I needed to lose the fat and put on the muscle. I went from 18% body fat to 8%. Thank you Katy for all your help!

– Nick, INVESTMENT BANKER, London, England

Katy keeps things simple and I started getting results with my body after the first week working with her. She also tailors everything to you and what's going on. Katy gave me the tools to keep exercise and eating well fun and exciting. Being 43 years old I have lost 17 lbs with her program and I have more energy than when I was in my 20s. My friends and family can't believe my transformation!

– **Ted**, BUSINESS CONSULTANT, **San Francisco, CA**



## HOW ARE THE HARMONYmethod® PROGRAMS ACCESSED ONLINE?

After purchasing the programs, you will receive a Registration Link for the membership site where you will be able to create a username and password, once you have created a username and password, you will have immediate access to the online programs through the membership site. You must create a username and password right after you purchase the online programs.

You will receive a follow up email with simple step-by-step instructions on how to access the online programs. Each program contains videos, handouts, tips, action items, recipes, and everything else you'll need in order to eat, exercise, and live well.

You'll also receive immediate access to the Harmony Method® Beginning Steps Workbook in this email. Your workbook is loaded with information on how to begin achieving your weight loss, health, and wellness goals, as well as all the resources you'll need to get started and make your program a success. Once you login into the membership site, I will take you through each step in the workbook under the Start Here button. It is important to complete the first four steps before starting the programs.

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## FAQs

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Participants just have to be over the age of 18 years old. Location doesn't matter, all of the content of the programs is on the membership website through [harmonyguyprograms.com](http://harmonyguyprograms.com). Once you purchase the programs you will create a username and password and have immediate access to the programs.

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### + What's the time commitment?

+ How are the Harmony Guy® Programs accessed online?

+ My life is so busy. Will this program fit into my daily life and schedule?

+ What happens if I fall behind on the daily content?

+ Will the Harmony Method® Nutrition, Fitness and Lifestyle programs help me to lose weight?

+ Will I feel hungry on this program?

+ Is this program gluten-free?

+ What's the refund policy?

+ What if I forget my username or password?

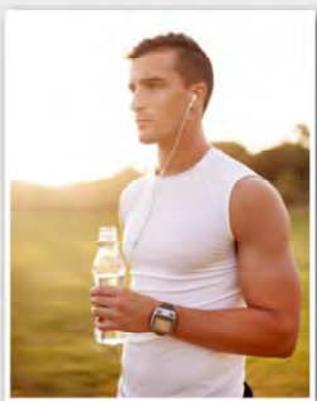
+ If I purchased one program and purchase another program at a later date, would I have the same username and password?

+ How do I buy all four programs?

+ How do I access all four programs on the membership site?

After going through the FAQs, if you still have a question about the Harmony Guy® Programs, please email [info@harmonyguyprograms.com](mailto:info@harmonyguyprograms.com).

## A FIT, HEALTHY, & HAPPY LIFE CAN BE YOURS.



- ✓ If you are ready to lose the weight...
- ✓ If you are ready to commit to changing your life...
- ✓ If you are ready to strategically work hard to achieve your goals...
- ✓ If you are ready to be healthy, gain strength, feel confident, and LOVE LIFE...
- ✓ Then you are READY for The Harmony Method®.

## ENROLL NOW

[CLICK HERE TO BUY NOW](#)



[BACK TO THE TOP](#)

\*\*\*10 percent of all proceeds from all Harmony Method® programs benefit the Freedom to Thrive organization.

© Copyright 2015 Katy Kvalvik. All rights reserved. The information in this program is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. Katy encourages you to make your own health care decisions based upon your research and in partnership with a qualified health care professional.

# **EXHIBIT E**

**To:** CORNACCHIA, LOUIS G ([XM@SECUREYOURTRADEMARK.COM](mailto:XM@SECUREYOURTRADEMARK.COM))  
**Subject:** U.S. TRADEMARK APPLICATION NO. 85162873 - MEDHARMONY - N/A  
**Sent:** 2/2/2011 6:41:30 PM  
**Sent As:** ECOM113@USPTO.GOV  
**Attachments:** [Attachment - 1](#)  
[Attachment - 2](#)  
[Attachment - 3](#)  
[Attachment - 4](#)  
[Attachment - 5](#)  
[Attachment - 6](#)

**UNITED STATES PATENT AND TRADEMARK OFFICE (USPTO)  
OFFICE ACTION (OFFICIAL LETTER) ABOUT APPLICANT'S TRADEMARK APPLICATION**

**APPLICATION SERIAL NO.** 85162873

**MARK:** MEDHARMONY

**\*85162873\***

**CORRESPONDENT ADDRESS:**

XAVIER MORALES  
LAW OFFICE OF XAVIER MORALES  
PO BOX 2987  
NEW YORK, NY 10008-2987

**CLICK HERE TO RESPOND TO THIS LETTER:**  
<http://www.uspto.gov/teas/eTEASpageD.htm>

**APPLICANT:** CORNACCHIA, LOUIS G

**CORRESPONDENT'S REFERENCE/DOCKET  
NO:**

N/A

**CORRESPONDENT E-MAIL ADDRESS:**

XM@SECUREYOURTRADEMARK.COM

**OFFICE ACTION**

**STRICT DEADLINE TO RESPOND TO THIS LETTER**

TO AVOID ABANDONMENT OF APPLICANT'S TRADEMARK APPLICATION, THE USPTO MUST RECEIVE APPLICANT'S COMPLETE RESPONSE TO THIS LETTER **WITHIN 6 MONTHS** OF THE ISSUE/MAILING DATE BELOW.

**ISSUE/MAILING DATE:** 2/2/2011

**TEAS PLUS APPLICANTS MUST SUBMIT DOCUMENTS ELECTRONICALLY OR SUBMIT**

**FEE:** Applicants who filed their application online using the reduced-fee TEAS Plus application must continue to submit certain documents online using TEAS, including responses to Office actions. *See* 37 C.F.R. §2.23(a)(1). For a complete list of these documents, see TMEP §819.02(b). In addition, such applicants must accept correspondence from the Office via e-mail throughout the examination process and must maintain a valid e-mail address. 37 C.F.R. §2.23(a)(2); TMEP §§819, 819.02(a). TEAS Plus applicants who do not meet these requirements must submit an additional fee of \$50 per international class of goods and/or services. 37 C.F.R. §2.6(a)(1)(iv); TMEP §819.04. In appropriate situations and where all issues can be resolved by amendment, responding by telephone to authorize an examiner's amendment will not incur this additional fee.

The referenced application has been reviewed by the assigned trademark examining attorney. The following issues were noted in this review:

1. Registration of the mark is refused under Trademark Act Section 2(d)
2. A prior-filed application presents a potential bar to refusal of the mark

Applicant must respond timely and completely to these issues, which are further discussed below. 15 U.S.C. §1062(b); 37 C.F.R. §§2.62(a), 2.65(a); TMEP §§711, 718.03.

### **SECTION 2(d) REFUSAL – LIKELIHOOD OF CONFUSION**

Registration of the applied-for mark is refused because of a likelihood of confusion with the mark in U.S. Registration No. 3911586. Trademark Act Section 2(d), 15 U.S.C. §1052(d); *see* TMEP §§1207.01 *et seq.* See the enclosed registration.

A likelihood of confusion determination in this case involves a two-part analysis. First, the marks are compared for similarities in their appearance, sound, connotation and commercial impression. TMEP §§1207.01, 1207.01(b). Next, the goods and/or services are compared to determine whether they are similar or commercially related or travel in the same trade channels. *See Herbko Int'l, Inc. v. Kappa Books, Inc.*, 308 F.3d 1156, 1164-65, 64 USPQ2d 1375, 1380 (Fed. Cir. 2002); *Han Beauty, Inc. v. Alberto-Culver Co.*, 236 F.3d 1333, 1336, 57 USPQ2d 1557, 1559 (Fed. Cir. 2001); TMEP §§1207.01, 1207.01(a)(vi).

#### *Similarity of the Marks*

In a likelihood of confusion determination, the marks are compared for similarities in their appearance, sound, meaning or connotation and commercial impression. *In re E. I. du Pont de Nemours & Co.*, 476 F.2d 1357, 1361, 177 USPQ 563, 567 (C.C.P.A. 1973); TMEP §1207.01(b). Similarity in any one of these elements may be sufficient to find a likelihood of confusion. *In re White Swan Ltd.*, 8 USPQ2d 1534, 1535 (TTAB 1988); *In re Lamson Oil Co.*, 6 USPQ2d 1041, 1043 (TTAB 1987); *see* TMEP §1207.01(b).

The applicant's proposed mark MEDHARMONY is similar to the registered mark EHARMONY because the marks share the dominant term HARMONY. Marks may be confusingly similar in appearance where there are similar terms or phrases or similar parts of terms or phrases appearing in both applicant's and registrant's mark. *See Crocker Nat'l Bank v. Canadian Imperial Bank of Commerce*, 228 USPQ 689 (TTAB 1986), *aff'd sub nom. Canadian Imperial Bank of Commerce v. Wells Fargo Bank, Nat'l Ass'n*, 811 F.2d 1490, 1 USPQ2d 1813 (Fed. Cir. 1987) (COMMASH and COMMUNICASH); *In re Phillips-Van Heusen Corp.*, 228 USPQ 949 (TTAB 1986) (21 CLUB and "21" CLUB (stylized)); *In re Corning Glass Works*, 229 USPQ 65 (TTAB 1985) (CONFIRM and CONFIRMCELLS); *In re Collegian Sportswear Inc.*, 224 USPQ 174 (TTAB 1984) (COLLEGIAN OF CALIFORNIA and COLLEGIENNE);

*In re Pellerin Milnor Corp.*, 221 USPQ 558 (TTAB 1983) (MILTRON and MILLTRONICS); *In re BASF A.G.*, 189 USPQ 424 (TTAB 1975) (LUTEXAL and LUTEX); TMEP §1207.01(b)(ii)-(iii).

This is particularly true in the present case, where the “med” and “e” prefixes in the marks are highly suggestive or descriptive of the services. “MED” in the applicant’s mark is an abbreviation for “medical” and “e” in the registered mark suggests the electronic nature of the services. Thus, MEDHARMONY and EHARMONY convey the impression of being “harmony” services of different types.

#### *Relatedness of the Goods/Services*

The goods and/or services of the parties need not be identical or directly competitive to find a likelihood of confusion. *See Safety-Kleen Corp. v. Dresser Indus., Inc.*, 518 F.2d 1399, 1404, 186 USPQ 476, 480 (C.C.P.A. 1975); TMEP §1207.01(a)(i). Rather, they need only be related in some manner, or the conditions surrounding their marketing are such that they would be encountered by the same purchasers under circumstances that would give rise to the mistaken belief that the goods and/or services come from a common source. *In re Total Quality Group, Inc.*, 51 USPQ2d 1474, 1476 (TTAB 1999); TMEP §1207.01(a)(i); *see, e.g., On-line Careline Inc. v. Am. Online Inc.*, 229 F.3d 1080, 1086-87, 56 USPQ2d 1471, 1475-76 (Fed. Cir. 2000); *In re Martin’s Famous Pastry Shoppe, Inc.*, 748 F.2d 1565, 1566-68, 223 USPQ 1289, 1290 (Fed. Cir. 1984).

That is the case here. The applicant seeks to register the mark for use on various computer software services, all of which feature software “for use in connecting doctors with their patients.” The registered mark is used in connection with, in relevant part, “providing online bulletin boards for transmission of messages among users in the field of general interest; providing online discussion groups for transmission of messages among users in the field of general interest; providing online interactive bulletin boards for transmission of messages among computer users concerning information on a wide variety of topics of general interest to the public; providing on-line forums and discussion groups for transmission of message among computer users” and “computer services, namely, hosting online web facilities for organizing gatherings, and interactive discussions.” The services of the parties are related because they are used for a similar purpose.

The registrant’s services provide for the transmission of messages between computer users, as well as allow users to organize gatherings and interactive discussions. The applicant’s services allow patients to “connect with their doctors.” The application does not specify how this connection takes place; however, it is presumed that such ‘connection’ includes the transmission of messages between doctors and patients, as well as some capability for interactive discussions between doctors and their patients. In any event, the applicant’s MEDHARMONY mark is used to identify services that allow individuals to connect with one another, which individuals are doctors and patients. The registrant’s EHARMONY services allow users to connect with one another, without any specific type of people being listed. Accordingly, consumers encountering the HARMONY marks used in connection with the parties’ services would reasonably believe that MEDHARMONY is a medically-oriented version of the EHARMONY services, and that all the services originate from the same source.

For the reasons discussed above, registration of the applicant’s mark is refused under Trademark Act Section 2(d) based on a likelihood of confusion with the mark in U.S. Registration No. 3911586.

#### **Prior Pending Application—Potential Section 2(d) Refusal**

Information regarding pending Application Serial No. 77939426 is also enclosed. The filing date of the referenced application precedes applicant’s filing date. There may be a likelihood of confusion under Trademark Act Section 2(d) between applicant’s mark and the referenced mark. If the referenced

application registers, registration may be refused in this case under Section 2(d). 37 C.F.R. §2.83; TMEP §§1208 *et seq.* Therefore, upon entry of a response to this Office action, action on this case may be suspended pending final disposition of the earlier-filed application.

If applicant believes that there is no potential conflict between this application and the earlier-filed application, then applicant may present arguments relevant to the issue in a response to this Office action. The election not to submit arguments at this time in no way limits applicant's right to address this issue at a later point.

Although the trademark examining attorney has refused registration, applicant may respond to the refusal to register by submitting evidence and arguments in support of registration.

If the applicant has any questions or needs assistance in responding to this Office Action, please contact the assigned examining attorney.

/Kimberly Frye/  
Trademark Examining Attorney  
Law Office 113  
(571) 272-9430 (phone)  
(571) 273-9430 (fax)

**TO RESPOND TO THIS LETTER:** Use the Trademark Electronic Application System (TEAS) response form at <http://teasroa.uspto.gov/roa/>. Please wait 48-72 hours from the issue/ mailing date before using TEAS, to allow for necessary system updates of the application. For *technical* assistance with online forms, e-mail [TEAS@uspto.gov](mailto:TEAS@uspto.gov).

**WHO MUST SIGN THE RESPONSE:** It must be personally signed by an individual applicant or someone with legal authority to bind an applicant (i.e., a corporate officer, a general partner, all joint applicants). If an applicant is represented by an attorney, the attorney must sign the response.

**PERIODICALLY CHECK THE STATUS OF THE APPLICATION:** To ensure that applicant does not miss crucial deadlines or official notices, check the status of the application every three to four months using Trademark Applications and Registrations Retrieval (TARR) at <http://tarr.uspto.gov/>. Please keep a copy of the complete TARR screen. If TARR shows no change for more than six months, call 1-800-786-9199. For more information on checking status, see <http://www.uspto.gov/trademarks/process/status/>.

**TO UPDATE CORRESPONDENCE/E-MAIL ADDRESS:** Use the TEAS form at <http://www.uspto.gov/teas/eTEASpageE.htm>.

**DESIGN MARK**

**Serial Number**

77633598

**Status**

REGISTERED

**Word Mark**

EHARMONY

**Standard Character Mark**

Yes

**Registration Number**

3911586

**Date Registered**

2011/01/25

**Type of Mark**

SERVICE MARK

**Register**

PRINCIPAL

**Mark Drawing Code**

(4) STANDARD CHARACTER MARK

**Owner**

eHarmony, Inc. CORPORATION DELAWARE 888 East Walnut Street, 2nd Floor  
Pasadena CALIFORNIA 91101

**Goods/Services**

Class Status -- ACTIVE. IC 038. US 100 101 104. G & S: Providing online chat rooms and electronic bulletin boards for registered users for transmission of messages covering general interest, classified, virtual community, social networking, photo sharing and transmission of photographic images; providing online bulletin boards for transmission of messages among users in the field of general interest; providing online discussion groups for transmission of messages among users in the field of general interest; providing online interactive bulletin boards for transmission of messages among computer users concerning information on a wide variety of topics of general interest to the public; providing on-line forums and discussion groups for transmission of message among computer users. First Use: 2000/08/22. First Use In Commerce: 2000/08/22.

**Goods/Services**

Class Status -- ACTIVE. IC 042. US 100 101. G & S: Computer services, namely, hosting online web facilities for organizing

gatherings, and interactive discussions. First Use: 2000/08/22.  
First Use In Commerce: 2000/08/22.

**Goods/Services**

Class Status -- ACTIVE. IC 044. US 100 101. G & S: Providing a website featuring information in the area of psychological research. First Use: 2000/08/22. First Use In Commerce: 2000/08/22.

**Goods/Services**

Class Status -- ACTIVE. IC 045. US 100 101. G & S: Dating services, counseling, namely, offering advice regarding personal relationships and personal well being via a global computer network; Internet based introduction and social networking services; providing a website featuring information in the area of personal relationship wellness; providing information in the field of personal relationship wellness; providing information in the field of social introduction. First Use: 2000/08/22. First Use In Commerce: 2000/08/22.

**Prior Registration(s)**

2764705;3422967;3483503

**Filing Date**

2008/12/15

**Examining Attorney**

MORENO, PAUL

**Attorney of Record**

Lisa Greenwald-Swire

EHARMONY

**DESIGN MARK**

**Serial Number**

77939426

**Status**

NOTICE OF ALLOWANCE - ISSUED

**Word Mark**

EHARMONY

**Standard Character Mark**

No

**Type of Mark**

SERVICE MARK

**Register**

PRINCIPAL

**Mark Drawing Code**

(5) WORDS, LETTERS, AND/OR NUMBERS IN STYLIZED FORM

**Owner**

eHarmony, Inc. CORPORATION DELAWARE 2401 Colorado Avenue, Suite A200  
Santa Monica CALIFORNIA 90404

**Goods/Services**

Class Status -- ACTIVE. IC 038. US 100 101 104. G & S: Providing online chat rooms and electronic bulletin boards for registered users for transmission of messages covering general interest, classified, virtual community, social networking, photo sharing and transmission of photographic images; providing online bulletin boards for transmission of messages among users in the field of general interest; providing online discussion groups for transmission of messages among users in the field of general interest; providing online interactive bulletin boards for transmission of messages among computer users concerning information on a wide variety of topics of general interest to the public; providing on-line forums and discussion groups for transmission of message among computer users.

**Goods/Services**

Class Status -- ACTIVE. IC 042. US 100 101. G & S: Computer services, namely, hosting online web facilities for organizing gatherings, and interactive discussions; providing a website featuring information in the area of psychological research.

**Goods/Services**

Class Status -- ACTIVE. IC 045. US 100 101. G & S: Dating services, marriage counseling, counseling, namely, offering advice regarding personal relationships and personal well being via a global

computer network; Internet based introduction and social networking services; providing a website featuring information in the area of personal relationship wellness; providing information in the field of personal relationship wellness; providing information in the field of social introduction.

**Prior Registration(s)**

2764705;3422967

**Description of Mark**

The mark consists of the stylized wording "EHARMONY" with the "E" appearing in the color gray, and "HARMONY" appearing in the color blue.

**Colors Claimed**

The color(s) grey and blue is/are claimed as a feature of the mark.

**Filing Date**

2010/02/18

**Examining Attorney**

FOSDICK, GEOFFREY

**Attorney of Record**

Lisa Greenwald-Swire

eHarmony

**To:** CORNACCHIA, LOUIS G ([XM@SECUREYOURTRADEMARK.COM](mailto:XM@SECUREYOURTRADEMARK.COM))  
**Subject:** U.S. TRADEMARK APPLICATION NO. 85162873 - MEDHARMONY - N/A  
**Sent:** 2/2/2011 6:41:32 PM  
**Sent As:** ECOM113@USPTO.GOV  
**Attachments:**

## IMPORTANT NOTICE REGARDING YOUR U.S. TRADEMARK APPLICATION

USPTO OFFICE ACTION HAS ISSUED ON **2/2/2011** FOR  
SERIAL NO. 85162873

Please follow the instructions below to continue the prosecution of your application:

**TO READ OFFICE ACTION:** Click on this [link](#) or go to <http://portal.uspto.gov/external/portal/tow> and enter the application serial number to [access](#) the Office action.

**PLEASE NOTE:** The Office action may not be immediately available but will be viewable within 24 hours of this e-mail notification.

**RESPONSE IS REQUIRED:** You should carefully review the Office action to determine (1) how to respond; and (2) the applicable [response time period](#). Your response deadline will be calculated from **2/2/2011** (or sooner if specified in the office action).

**Do NOT hit "Reply" to this e-mail notification, or otherwise attempt to e-mail your response, as the USPTO does NOT accept e-mailed responses. Instead, the USPTO recommends that you respond online using the Trademark Electronic Application System [Response Form](#).**

**HELP:** For *technical* assistance in accessing the Office action, please e-mail [TDR@uspto.gov](mailto:TDR@uspto.gov). Please contact the assigned examining attorney with questions about the Office action.

## WARNING

**Failure to file the required response by the applicable deadline will result in the [ABANDONMENT](#) of your application.**

# **EXHIBIT F**

UNITED STATES PATENT AND TRADEMARK OFFICE  
Trademark Trial and Appeal Board  
P.O. Box 1451  
Alexandria, VA 22313-1451

WINTER

Mailed: July 31, 2009

Opposition No. 91185082

eHarmony.com

v.

InqHire Corporation

Opposer's motion for summary judgment (filed May 13, 2009) is hereby granted as conceded. See Trademark Rule 2.127(a) and Fed. R. Civ. P. 56.

Accordingly, judgment is hereby entered against applicant, the opposition is sustained, and registration to applicant is refused.

*By the Trademark Trial  
and Appeal Board*

# **EXHIBIT G**



Sorry, someone else already owns this domain, but we can help you get it.

Backorder for:

**katykvalvik.com**.....

**Backorder**

For only \$5.00, we can help you get this domain. Here's how it works:

- ✔ We'll negotiate for you anonymously with whoever currently owns the domain.
- ✔ If the owner of the domain isn't ready to sell yet, we will watch it every day to see when it becomes available.
- ✔ If the owner doesn't renew, we'll get it for you before it becomes available to the general public.

katykvalvik.com

Is this your domain name? [Renew it now.](#)

```

Domain Name: KATYKVALVIK.COM
Registry Domain ID: 1760306862_DOMAIN_COM-VRSN
Registrar WHOIS Server: whois.godaddy.com
Registrar URL: http://www.godaddy.com
Update Date: 2012-11-28T18:36:41Z
Creation Date: 2012-11-18T22:45:14Z
Registrar Registration Expiration Date: 2015-11-18T22:45:14Z
Registrar: GoDaddy.com, LLC
Registrar IANA ID: 146
Registrar Abuse Contact Email: abuse@godaddy.com
Registrar Abuse Contact Phone: +1.4806242505
Domain Status: clientTransferProhibited http://www.icann.org/epp#client
Domain Status: clientUpdateProhibited http://www.icann.org/epp#clientU
Domain Status: clientRenewProhibited http://www.icann.org/epp#clientRer
Domain Status: clientDeleteProhibited http://www.icann.org/epp#clientDe
Registry Registrant ID:
Registrant Name: Rolf Kvalvik
Registrant Organization:
Registrant Street: PO BOX 235091
Registrant City: Honolulu
Registrant State/Province: Hawaii
Registrant Postal Code: 96823
Registrant Country: United States
Registrant Phone: (808) 220-8441
Registrant Phone Ext:
Registrant Fax:
Registrant Fax Ext:
Registry Email: rkvalvik@msn.com
Registry Admin ID:
Admin Name: Rolf Kvalvik
Admin Organization:
Admin Street: PO BOX 235091
Admin City: Honolulu
Admin State/Province: Hawaii
Admin Postal Code: 96823
Admin Country: United States
Admin Phone: (808) 220-8441
Admin Phone Ext:
Admin Fax:
Admin Fax Ext:
Admin Email: rkvalvik@msn.com
Registry Tech ID:
Tech Name: Rolf Kvalvik
Tech Organization:
Tech Street: PO BOX 235091
Tech City: Honolulu
Tech State/Province: Hawaii
Tech Postal Code: 96823
Tech Country: United States
Tech Phone: (808) 220-8441
Tech Phone Ext:
Tech Fax:
Tech Fax Ext:
Tech Email: rkvalvik@msn.com
Name Server: NS39.DOMAINCONTROL.COM
Name Server: NS40.DOMAINCONTROL.COM

```

DNSSEC: unsigned  
URL of the ICANN WHOIS Data Problem Reporting System: http://wdprs.inte  
>>> Last update of WHOIS database: 2015-09-30T03:00:00Z <<<

For more information on Whois status codes, please visit  
<https://www.icann.org/resources/pages/epp-status-codes-2014-06-16-en>

The data contained in GoDaddy.com, LLC's WhoIs database, while believed by the company to be reliable, is provided "as is" with no guarantee or warranties regarding its accuracy. This information is provided for the sole purpose of assisting you in obtaining information about domain name registration records. Any use of this data for any other purpose is expressly forbidden without the permission of GoDaddy.com, LLC. By submitting an inquiry, you agree to these terms of usage and limitations of warranty. In part you agree not to use this data to allow, enable, or otherwise make possible dissemination or collection of this data, in part or in its entirety, for any purpose, such as the transmission of unsolicited advertising and solicitations of any kind, including spam. You further agree not to use this data to enable high volume, automated or robotic electronic processes designed to collect or compile this data for any purpose, including mining this data for your own personal or commercial purposes.

Please note: the registrant of the domain name is specified in the "registrant" section. In most cases, GoDaddy.com, LLC is not the registrant of domain names listed in this database.

The previous information has been obtained either directly from the registrant or a registrar of the domain name other than Network Solutions. Network Solutions, therefore, does not guarantee its accuracy or completeness.

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Get the Definitive Buyer's Guide

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TOTANGO

Make an instant, anonymous offer to the current domain registrant. [Learn More](#)

Make Offer

Search Again

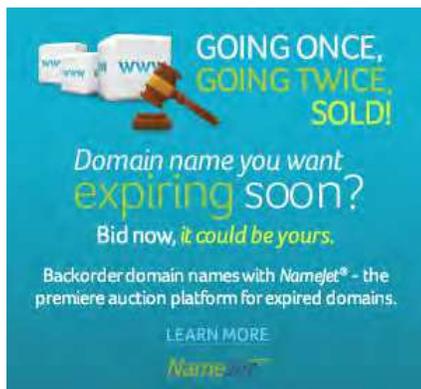
Search again here...

Search by either

[Domain Name](#) e.g. networksolutions.com

[IP Address](#) e.g. 205.178.187.13

Search



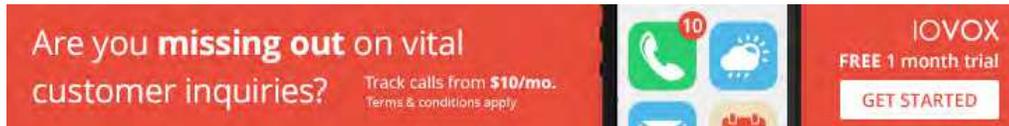
GOING ONCE,  
GOING TWICE,  
SOLD!

Domain name you want  
expiring soon?  
Bid now, it could be yours.

Backorder domain names with NameJet® - the  
premiere auction platform for expired domains.

LEARN MORE

NameJet



Are you **missing out** on vital  
customer inquiries? Track calls from **\$10/mo.**  
Terms & conditions apply

10

IOVOX  
FREE 1 month trial  
GET STARTED

The price includes a one-time, non-refundable set-up fee and annual subscription fee for the Service per each domain name requested for backorder. Network Solutions reserves the right to waive or discount the set-up fee at any time. The price does not include the cost of the actual domain name. If the domain name is acquired, the cost of the one-year domain name registration will be charged to your credit card or other payment method on file. Network Solutions does not guarantee that you will obtain the domain name through this Service.



Sorry, someone else already owns this domain, but we can help you get it.

Backorder for:

harmony.com.....

**Backorder**

For only \$5.00, we can help you get this domain. Here's how it works:

- ✔ We'll negotiate for you anonymously with whoever currently owns the domain.
- ✔ If the owner of the domain isn't ready to sell yet, we will watch it every day to see when it becomes available.
- ✔ If the owner doesn't renew, we'll get it for you before it becomes available to the general public.

harmony.com

Is this your domain name? [Renew it now.](#)

Whois Server Version 2.0

Domain names in the .com and .net domains can now be registered with many different competing registrars. Go to <http://www.internic.net> for detailed information.

```

Domain Name: HARMONY.COM
Registrar: UNIREGISTRAR CORP
Sponsoring Registrar IANA ID: 1659
Whois Server: whois.uniregistrar.com
Referral URL: http://www.uniregistrar.com
Name Server: BUY.INTERNETTRAFFIC.COM
Name Server: SELL.INTERNETTRAFFIC.COM
Status: clientDeleteProhibited http://www.icann.org/epp#clientDelete
Status: clientRenewProhibited http://www.icann.org/epp#clientRenewPr
Status: clientTransferProhibited http://www.icann.org/epp#clientTrar
Updated Date: 16-sep-2015
Creation Date: 13-jul-1998
Expiration Date: 12-jul-2023
    
```

>>> Last update of whois database: Wed, 30 Sep 2015 03:31:13 GMT <<<

NOTICE: The expiration date displayed in this record is the date the registrar's sponsorship of the domain name registration in the registry currently set to expire. This date does not necessarily reflect the exp date of the domain name registrant's agreement with the sponsoring registrar. Users may consult the sponsoring registrar's Whois database view the registrar's reported date of expiration for this registration.

TERMS OF USE: You are not authorized to access or query our Whois database through the use of electronic processes that are high-volume or automated except as reasonably necessary to register domain names or modify existing registrations; the Data in VeriSign Global Registry Services' ("VeriSign") Whois database is provided by VeriSign for information purposes only, and to assist persons in obtaining information about or related to a domain name registration record. VeriSign does not guarantee its accuracy. By submitting a Whois query, you agree to abide by the following terms of use: You agree that you may use this Data only for lawful purposes and that under no circumstances will you use this Data to: (1) allow, enable, or otherwise support the transmission of mass unsolicited, commercial advertising or solicitations via e-mail, telephone or facsimile; or (2) enable high volume, automated, electronic processes that apply to VeriSign (or its computer systems). The compilation, repackaging, dissemination or other use of this Data is expressly prohibited without the prior written consent of VeriSign. You agree not use electronic processes that are automated and high-volume to access or query the Whois database except as reasonably necessary to register domain names or modify existing registrations. VeriSign reserves the right to restrict your access to the Whois database in its sole discretion to operational stability. VeriSign may restrict or terminate your access to the Whois database for failure to abide by these terms of use. VeriSign reserves the right to modify these terms at any time.

The Registry database contains ONLY .COM, .NET, .EDU domains and Registrars.

For more information on Whois status codes, please visit  
<https://www.icann.org/resources/pages/epp-status-codes-2014-06-16-en>.

The previous information has been obtained either directly from the registrant or a registrar of the domain name other than Network Solutions. Network Solutions, therefore, does not guarantee its accuracy or completeness.

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Make an instant, anonymous offer to the current domain registrant. [Learn More](#)

Make Offer

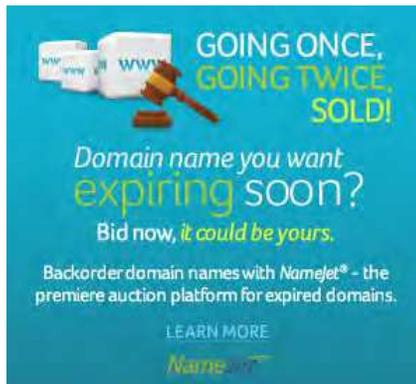
Search Again

Search again here...

Search by either

- [Domain Name](#) e.g. networksolutions.com
- [IP Address](#) e.g. 205.178.187.13

Search



GOING ONCE,  
GOING TWICE,  
SOLD!

Domain name you want  
expiring soon?

Bid now, *it could be yours.*

Backorder domain names with NameJet® - the  
premiere auction platform for expired domains.

LEARN MORE

NameJet

## Intel® Network Builders

SDN & NFV are Ready for Deployment. Check Out Suppliers for these Now!



The price includes a one-time, non-refundable set-up fee and annual subscription fee for the Service per each domain name requested for backorder. Network Solutions reserves the right to waive or discount the set-up fee at any time. The price does not include the cost of the actual domain name. If the domain name is acquired, the cost of the one-year domain name registration will be charged to your credit card or other payment method on file. Network Solutions does not guarantee that you will obtain the domain name through this Service.



Sorry, someone else already owns this domain, but we can help you get it.

Backorder for:

harmonyguyprograms.com .....

Backorder

For only \$5.00, we can help you get this domain. Here's how it works:

- ✔ We'll negotiate for you anonymously with whoever currently owns the domain.
- ✔ If the owner of the domain isn't ready to sell yet, we will watch it every day to see when it becomes available.
- ✔ If the owner doesn't renew, we'll get it for you before it becomes available to the general public.

harmonyguyprograms.com

Is this your domain name? [Renew it now.](#)

```
Domain Name: HARMONYGUYPROGRAMS.COM
Registry Domain ID: 1893364719_DOMAIN_COM-VRSN
Registrar WHOIS Server: whois.godaddy.com
Registrar URL: http://www.godaddy.com
Update Date: 2014-12-30T22:08:42Z
Creation Date: 2014-12-30T22:08:42Z
Registrar Registration Expiration Date: 2016-12-30T22:08:42Z
Registrar: GoDaddy.com, LLC
Registrar IANA ID: 146
Registrar Abuse Contact Email: abuse@godaddy.com
Registrar Abuse Contact Phone: +1.4806242505
Domain Status: clientTransferProhibited http://www.icann.org/epp#client
Domain Status: clientUpdateProhibited http://www.icann.org/epp#clientU
Domain Status: clientRenewProhibited http://www.icann.org/epp#clientRer
Domain Status: clientDeleteProhibited http://www.icann.org/epp#clientDe
Registry Registrant ID:
Registrant Name: Rolf Kvalvik
Registrant Organization:
Registrant Street: 555 Pepeekeo St APT 7
Registrant City: Honolulu
Registrant State/Province: Hawaii
Registrant Postal Code: 96825
Registrant Country: United States
Registrant Phone: +1.8082208441
Registrant Phone Ext:
Registrant Fax:
Registrant Fax Ext:
Registrant Email: kathleenkvalvik@gmail.com
Registry Admin ID:
Admin Name: Rolf Kvalvik
Admin Organization:
Admin Street: 555 Pepeekeo St APT 7
Admin City: Honolulu
Admin State/Province: Hawaii
Admin Postal Code: 96825
Admin Country: United States
Admin Phone: +1.8082208441
Admin Phone Ext:
Admin Fax:
Admin Fax Ext:
Admin Email: kathleenkvalvik@gmail.com
Registry Tech ID:
Tech Name: Rolf Kvalvik
Tech Organization:
Tech Street: 555 Pepeekeo St APT 7
Tech City: Honolulu
Tech State/Province: Hawaii
Tech Postal Code: 96825
Tech Country: United States
Tech Phone: +1.8082208441
Tech Phone Ext:
Tech Fax:
Tech Fax Ext:
Tech Email: kathleenkvalvik@gmail.com
Name Server: NS29.DOMAINCONTROL.COM
Name Server: NS30.DOMAINCONTROL.COM
```

DNSSEC: unsigned

URL of the ICANN WHOIS Data Problem Reporting System: <http://wdprs.intellectualproperty.com/>  
>>> Last update of WHOIS database: 2015-09-30T03:00:00Z <<<

For more information on Whois status codes, please visit  
<https://www.icann.org/resources/pages/epp-status-codes-2014-06-16-en>

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Please note: the registrant of the domain name is specified in the "registrant" section. In most cases, GoDaddy.com, LLC is not the registrant of domain names listed in this database.

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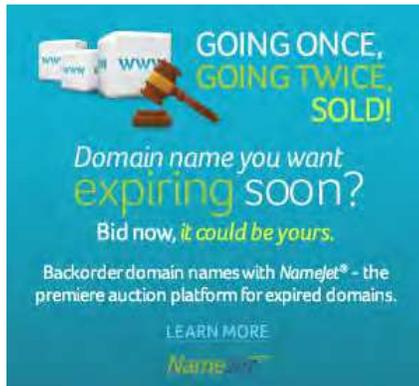
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