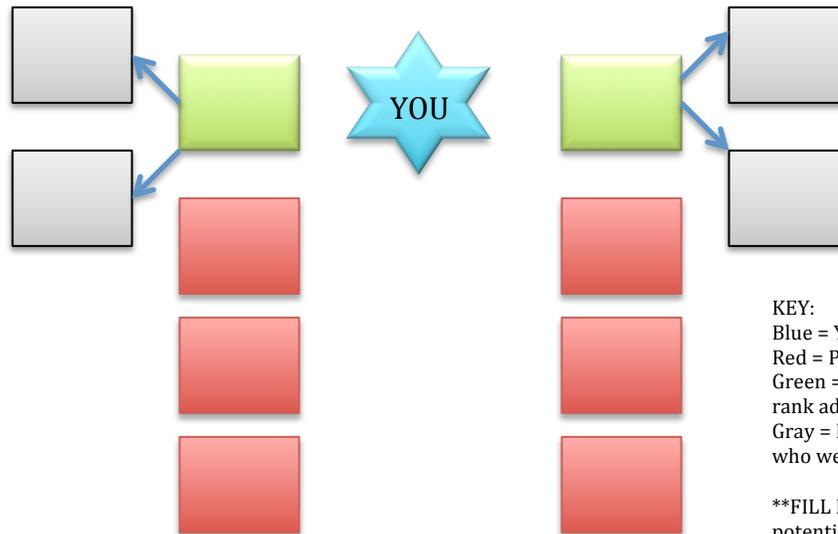


My Beachbody Business Plan

Advance from **Coach > Emerald > Diamond** in 90 days



KEY:
 Blue = You getting to Diamond Rank
 Red = Personally sponsored coaches
 Green = Personally sponsored coach who rank advanced to Emerald
 Gray = Non-Personally sponsored coaches who were sponsored by Green

**FILL IN the green boxes with names of potential biz builders and the red boxes with names of people who might love the discount or potential biz builders

HOW To Create YOUR PERSONAL Business Plan

1. Be sure to go through your New Coach Welcome Email
2. Get organized with; setting up your Facebook page, setting up business hours for daily activities and training, create a coach gmail for yourself, create folders on your desktop for docs and images.
3. Go through the **New Coaches Get Started Here Training Tab** on the team training blog
4. Work out and drink Shakeology DAILY
5. Share your journey and experience DAILY on your Facebook page or Instagram account (or both) – follow what your coach does and she/he shares and posts. You will pick a platform to focus on.
6. Create a Contact List of people to reach out to who you would love to join a challenge group with you and your coach -- think of 3-5 people who you would love to bring into a fitness group with you.
7. Set your date for your first free clean eating group _____
8. Set your date for your first fitness challenge group and run it with your Coach _____
9. **Set your goal date for when you want to go Emerald (first 30 days is realistic) _____**
10. **Set your goal date for when you want to go Diamond (first 90 Days is realistic) _____**
11. Decide your social media platform & -- you WILL use your personal FB page, but you need one more platform; Facebook Like page or Instagram and go through our trainings on our training blog.
12. Make sure you have the Script customized to you – you don't have to know how to talk to people, just use the script ☺
13. Invite people daily – set a daily minimum for yourself
14. Add new contacts/FB friends to your network daily – set a daily minimum for yourself
15. Track your daily contacts and invites using the Business Activity Tracker
16. Learn one social media platform and master it
17. Start inviting! (using the script and reach out/invite scenarios)

****ALL resources for how to do these things are in the Fit2Freedom Team Training Blog

<http://teamf2f.blogspot.com/>