

1. KNOW MY COACH ID AND SUPPORT TEAM

MY COACH ID

NEED HELP?

COACH RELATIONS:
1 (800) 240-0913
faqcoach.custhelp.com

MY COACH SUPPORT TEAM

NAME:

PHONE:

EMAIL:

NAME:	PHONE:	EMAIL:
1. Sponsor Coach		
2. Upline Diamond Coach		
3. Upline Star Diamond Coach		

2. SET UP COACH PROFILE AND WEBSITES

mysite.coach.teambeachbody.com _____

3. CONTACT YOUR COACH

SEND A QUICK MESSAGE TO YOUR COACH TO SET UP A TIME TO CONNECT AND COMPLETE THE FIRST 30 DAYS COACH ACTION PLAN TOGETHER.

(NOTE: your Coach's contact information is in your welcome email and can also be found in your Coach Office. Coach Relations can also help you get this information if you can't find it.)

GET CONNECTED

SOCIAL MEDIA

 [Facebook.com/TBBCoach411](https://www.facebook.com/TBBCoach411)

 [@TBBCoach411](https://twitter.com/TBBCoach411)

 TBBCoach411.com

 [Instagram.com/TBBCoach411](https://www.instagram.com/TBBCoach411)

 [YouTube.com/TeamBeachbody](https://www.youtube.com/TeamBeachbody)

 REQUEST TO JOIN: [Beachbody Champions Group](#)

NATIONAL WAKE-UP CALL

MONDAYS: 8:00 AM/PT
LISTEN LIVE: 1 (832) 225-5055
PLAYBACK VIA PHONE: 1 (832) 225-5065



4 VITAL BEHAVIORS OF A TEAM BEACHBODY® COACH

- 1. Be Proof the Products Work**
Drink Shakeology®, complete Beachbody® programs, and be a walking Success Story in progress.
- 2. Invite. Invite. Invite.**
Invite daily. Invite everyone to join a Beachbody Challenge® Group. Focus on their goals, follow up, and help them get results.
- 3. Recognize. Recognize. Recognize.**
Celebrate and reinforce every meaningful achievement and activity that leads to results.
- 4. Do Personal Development**
Strengthen and better yourself every day by learning from the success of others. Become the best version of you.