

## MY WHY:

I became a Team Beachbody Coach because:

## MY FIRST 30 DAY GOALS:

Help \_\_\_\_\_ people join a Challenge Group and achieve Success Club.

Earn at least \_\_\_\_\_ in total commissions.

Complete my Coach Basics training (or equivalent).

Stick to my fitness program and drink Shakeology® every day.

## MY ACTION STEPS

THE VITAL BEHAVIORS	HOW MANY?	DAILY OR WEEKLY?
Post on social media <i>(tell my story, add value, build connections)</i>		
Start a new conversation <i>(F.O.R.M.)</i>		
Find out someone's goal and invite to a Challenge Group		
Follow up with contacts		
Work out and drink Shakeology daily		
Personal development		
Recognize new Challengers		

## MY TIME

How many hours a day/week I'll dedicate to my business and how I'll find that time.

## MY COMMITMENT

Potential obstacles I'll face during my first 30 days and how I'll overcome them.

**MY ACCOUNTABILITY CHECK-IN:** *(Day of the week & time)* \_\_\_\_\_

## HOUSEKEEPING ITEMS:

I'm in a Coach Basics Group (or equivalent)

I know which Challenge Group I'm inviting people to

I'm in a Challenge Group

I've connected with my Coach, my Team, and Team Beachbody