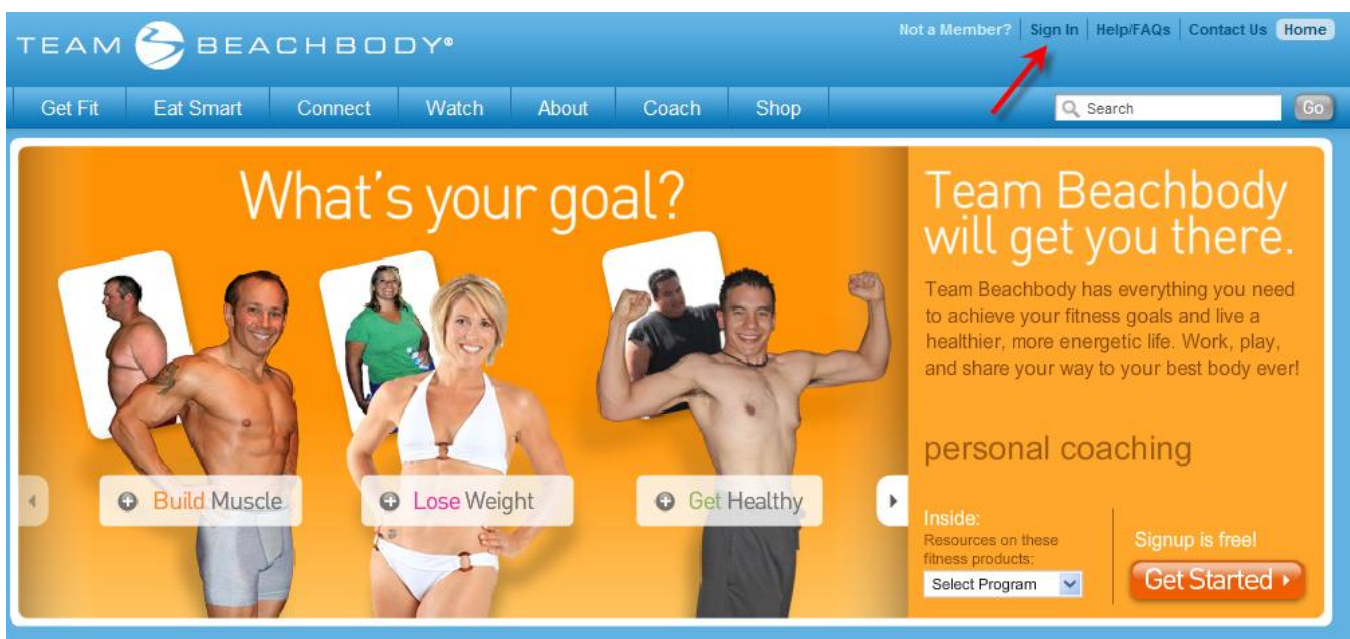


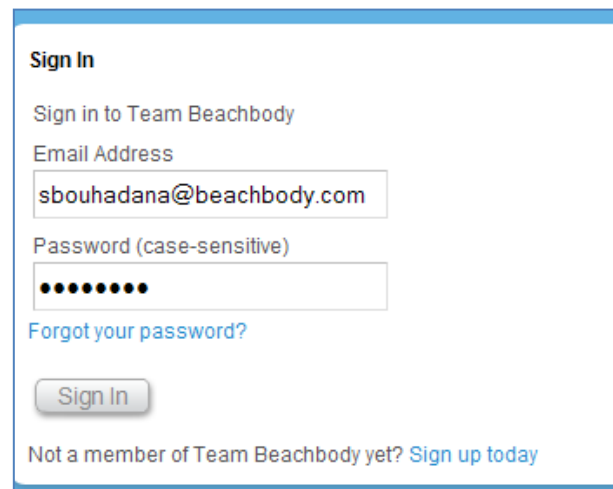
Take the Coach Online Office Tour

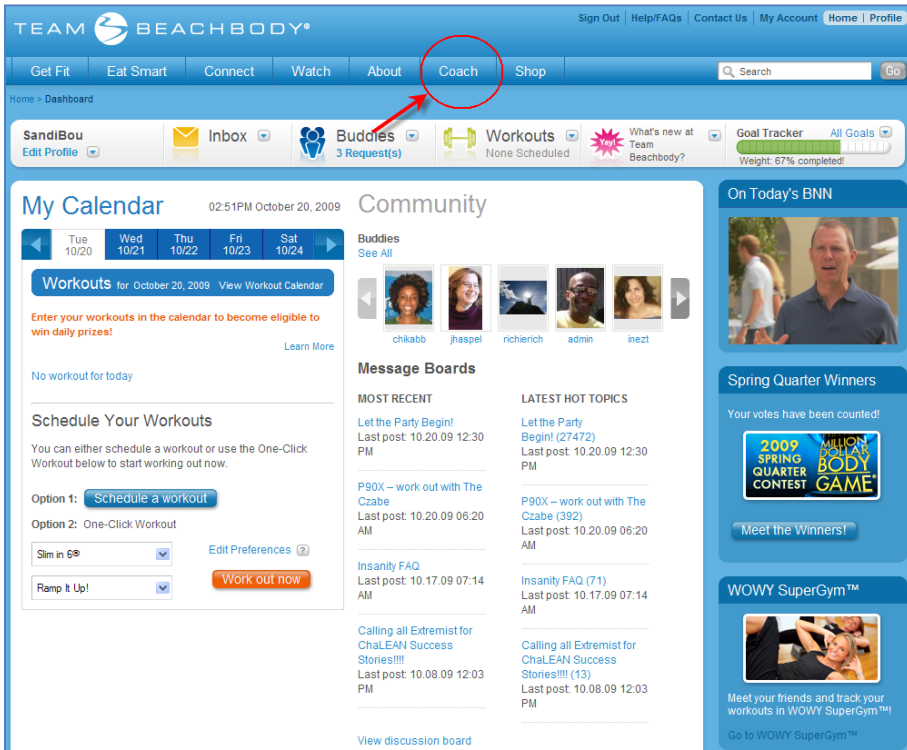
Welcome to the Coach Online Office Tour, part of the New Coach Welcome training series. These trainings walk you through the process of getting started in your business as a Team Beachbody Coach.



Log in

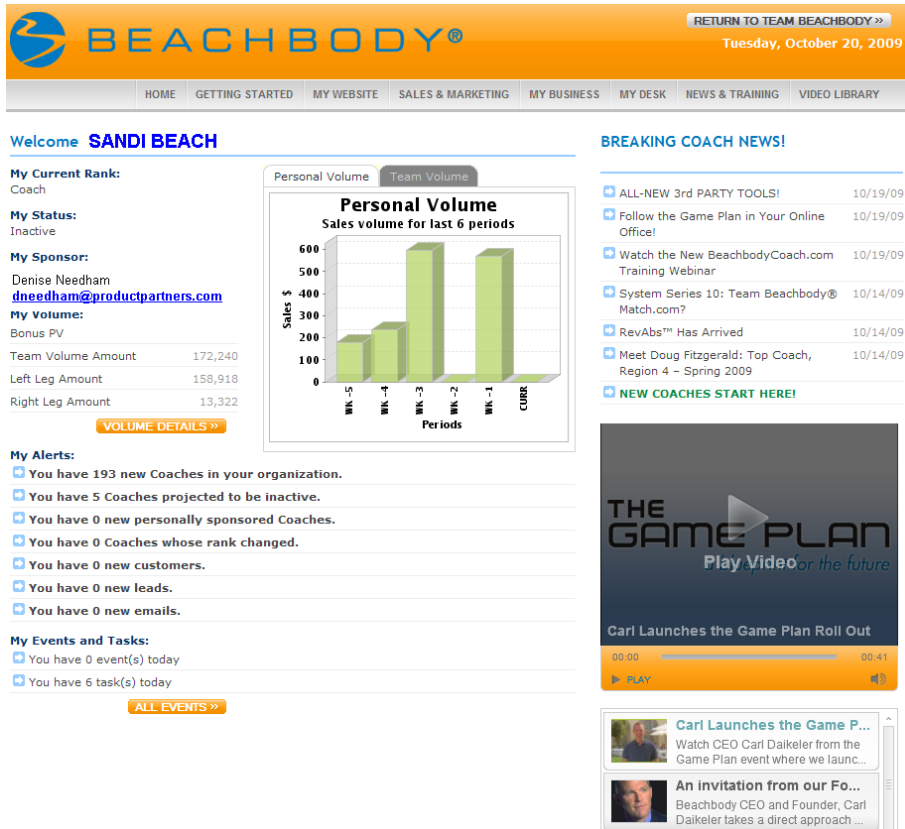
To get to your Coach Online Office and our extensive **set of online tools** customized to help you **run your Team Beachbody business**, sign in with your email address and password at teambeachbody.com.






Enter your Coach Online Office

Once you're at the Team Beachbody Dashboard, click on the **Coach** button and select Coach Online Office.



Welcome to your Home!

This is the Home Page of your Coach Online Office. At the top of the page includes eight menu items to take you to various business tools. The top left-hand contains the **contact information** of your **Upline Coach**.



HOME GETTING STA

Welcome **SANDI BEACH**

My Current Rank:
Coach

My Status:
Inactive

My Sponsor:
Denise Needham
dneedham@productpartners.com

My Volume:
Bonus PV

Team Volume Amount	172,240
Left Leg Amount	158,918
Right Leg Amount	13,322

VOLUME DETAILS >>

Welcome Coach




At the top, left-hand part of the home page is your personal Coach information. Your current Coach rank and status are calculated from the last bonus period ending last Sunday. Always verify if this information is correct.

Your Sponsor is the Coach that personally sponsored you. This is your Upline Coach that you can contact via email. This area will display your Sponsor's full name and their email address.

BREAKING COACH NEWS!

- ▶ ALL-NEW 3rd PARTY TOOLS! 10/19/09
 - ▶ Follow the Game Plan in Your Online Office! 10/19/09
 - ▶ Watch the New BeachbodyCoach.com Training Webinar 10/19/09
 - ▶ System Series 10: Team Beachbody® Match.com? 10/14/09
 - ▶ RevAbs™ Has Arrived 10/14/09
 - ▶ Meet Doug Fitzgerald: Top Coach, Region 4 – Spring 2009 10/14/09
- ▶ **NEW COACHES START HERE!**



-  **Carl Launches the Game P...**
Watch CEO Carl Daikeler from the Game Plan event where we launc...
-  **An invitation from our Fo...**
Beachbody CEO and Founder, Carl Daikeler takes a direct approach ...
-  **Doug Fitzgerald: Top Coac...**

Breaking News

On the home page, there is a section with the top news alerts. These are clickable headlines that take you to the News & Training page with larger articles.

The video player showcases Messages from the Founder, Top Coach interviews, promotions and company-wide news. These videos can also be found in the Video Library. The news headlines and videos are updated frequently so check this home page as often as you can!

My Alerts:

- 📧 You have 193 new Coaches in your organization.
- 📧 You have 5 Coaches projected to be inactive.
- 📧 You have 0 new personally sponsored Coaches.
- 📧 You have 0 Coaches whose rank changed.
- 📧 You have 0 new customers.
- 📧 You have 0 new leads.
- 📧 You have 0 new emails.

My Events and Tasks:

- 📧 You have 0 event(s) today
- 📧 You have 6 task(s) today

[ALL EVENTS >>](#)

My Alerts

These daily alerts provide you with up to the minute information that you can react quickly to. Most of the alerts are refreshed as of the last 7 days. The alerts will go away once you act on them with an online function (such as send an email, send an ecard or open your mail.)

- The number of **Coaches in your organization** is the total number both sponsored by you and by your Coaches. This number keeps adding up as your organization grows.
- The **Coaches projected to be inactive** are your personally-sponsored Coaches that do not have the required personal volume points (50) for the bonus period to stay active. You can take action and contact your Coaches to help them ramp up their business.
- The **personally sponsored Coaches** alert pulls up a list of new Coaches that you personally signed up to join your team in the last 7 days. These are Coaches that you may contact via email or by phone. If their email address displays as RESTRICTED, you can still email them and recommend they accept the Terms & Conditions for being contacted by email.
- The **Coaches whose rank changed** lets you know which of your personally sponsored Coaches have moved up or down in rank. In both instances, you can contact your Coaches with a congratulatory message or a supportive message with recommendations on how to improve.
- The **new customers alert** gives you the names and contact information of customers that have either been assigned to you from a response to a Beachbody offer or have purchased products right from your store. In any case, this is your opportunity to thank them and help them with future purchases and encourage them become a Coach.

- Your **new leads** are guests that have visited your Coach website and that have requested more information about Beachbody products and/or the business opportunity. You can contact these leads and follow up with their interests. New leads will also appear in your email inbox.
- Your **new email** lists the latest emails in your inbox. This alert will reset when you read the email.

My Events and Tasks

- Your **events** lists your appointments and events that you pre-scheduled in your online calendar. They will become alerts on the day they are due.
- Your **tasks** lists the activities you pre-scheduled in your online calendar.



Welcome JOE BEACHBODY!

My Current Rank:

Coach

My Status:

Inactive

My Sponsor:

No information on file

My Volume:

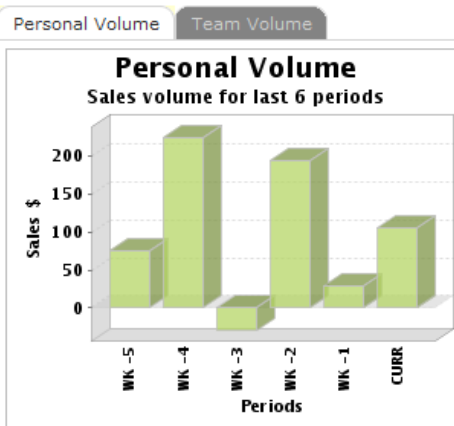
Bonus PV

Team Volume Amount 167,207

Left Leg Amount 162,417

Right Leg Amount 4,790

[VOLUME DETAILS >>](#)



My Volume

You can see a snap shot of your personal volume on the home page. The volume is shown numerically and in a graphic form so that you can see the current week's volume as well as a 5 week look back.

The orange button that reads **VOLUME DETAILS** will take you to a more detailed look of your personal volume broken down by week.

Description	Start Date	End Date	Volume	Volume	Volume
WE 09/21/08	09/15/2008	09/21/2008	200.00	2,100.00	2,000.00
WE 9/14/08	09/08/2008	09/14/2008	200.00	2,000.00	2,000.00
WE 9/7/08	09/01/2008	09/07/2008	200.00	1,800.00	1,800.00
WE 8/31/08	08/25/2008	08/31/2008	200.00	2,000.00	2,100.00
WE 8/24/08	08/18/2008	08/24/2008	200.00	2,100.00	2,100.00
WE 8/17/08	08/11/2008	08/17/2008	200.00	2,000.00	2,000.00
WE 8/10/08	08/04/2008	08/10/2008	200.00	2,000.00	2,000.00
WE 8/3/08	07/28/2008	08/03/2008	200.00	2,000.00	2,000.00
WE 7/27/08	07/21/2008	07/27/2008	200.00	2,000.00	2,000.00
WE 7/20/08	07/14/2008	07/20/2008	200.00	2,000.00	2,000.00
WE 7/13/08	07/07/2008	07/13/2008	200.00	2,000.00	2,000.00
WE 7/6/08	06/30/2008	07/06/2008	200.00	2,000.00	2,000.00
WE 6/29/08	06/23/2008	06/29/2008	200.00	2,000.00	2,000.00
WE 6/22/08	06/16/2008	06/22/2008	200.00	2,000.00	2,000.00
WE 6/15/08	06/09/2008	06/15/2008	200.00	2,000.00	2,000.00
WE 6/8/08	06/02/2008	06/08/2008	200.00	2,000.00	2,000.00
WE 6/1/08	05/26/2008	06/01/2008	200.00	2,000.00	2,000.00
WE 5/25/08	05/19/2008	05/25/2008	200.00	2,000.00	2,000.00
WE 5/18/08	05/12/2008	05/18/2008	200.00	2,000.00	2,000.00
WE 5/11/08	05/05/2008	05/11/2008	200.00	2,000.00	2,000.00
WE 5/4/08	04/28/2008	05/04/2008	200.00	2,000.00	2,000.00
WE 4/27/08	04/21/2008	04/27/2008	200.00	2,000.00	2,000.00
WE 4/20/08	04/14/2008	04/20/2008	200.00	2,000.00	2,000.00
WE 4/13/08	04/07/2008	04/13/2008	200.00	2,000.00	2,000.00
WE 4/6/08	03/31/2008	04/06/2008	200.00	2,000.00	2,000.00

Getting Started

The Getting Started area of the Coach Online Office is where all new Coaches should visit when they first start their Team Beachbody business. Check out the videos, easy tutorials and EFT Management.

New Coach Welcome

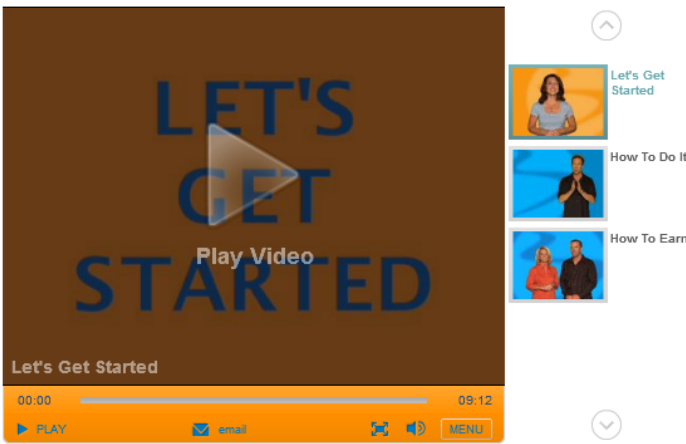
The videos in this player will help a new Coach get started with various activities and focus on a proven business system that gets them results. Additionally on this page or the various documents and tutorials that can help a new Coach and refresh a veteran Coach with any questions.

NEW COACH WELCOME

Welcome, new Coach! Glad to see you here. Now, are you ready to dive headfirst into coaching and really hit the ground running? The following guides and tutorials will help ensure you do just that.

Simply watch the series of videos below, download and print the Get Started Right Guide, and, finally, schedule a Get Started Right Interview with your Coach sponsor as soon as possible.

As a Team Beachbody® Coach, you'll have access to all the tools and support you need to succeed—every step of the way. Prepare to experience the physical and financial transformation of your dreams. Let's do this.



Forms & Documents

You can find dozens of important business forms like the Coach Application, Order Form and Product Catalog. Simply download what you need and print what you want.

My Profile and EFT Management

This area allows you to verify your profile information as well as manage your direct deposit.

EFT Management

Electronic Funds Transfer is another way of saying direct deposit. Complete the information with your bank name and account number and your bonus check will automatically be deposited in your checking or savings account each week. This saves a lot of paper and postage since you won't be receiving a paper check each week. You will also save money by selecting EFT since \$2.50 is debited from your account each week to pay for the processing! Go ahead, save a tree...Go EFT!

The screenshot displays the Beachbody Coach Online Office Tour interface. The top navigation bar includes the Beachbody logo, the date "Tuesday, October 20, 2009", and a "RETURN TO TEAM BEACHBODY >>" link. The main navigation menu contains: HOME, GETTING STARTED (highlighted), MY WEBSITE, SALES & MARKETING, MY BUSINESS, MY DESK, NEWS & TRAINING, and VIDEO LIBRARY. A dropdown menu for "GETTING STARTED" is open, showing options: NEW COACH WELCOME, FORMS & DOCUMENTS, MY PROFILE (highlighted), and MY EFT MANAGEMENT (indicated by a mouse cursor). The "MY PROFILE" dropdown also includes a "Team Volume" link. The main content area is divided into three sections: 1. "Welcome LATANGIA VA" with a sidebar containing: "My Current Rank: Coach", "My Status: Inactive", "My Sponsor: No information on file", and "My Volume: Bonus PV". A table below shows: Team Volume Amount (172,240), Left Leg Amount (158,918), and Right Leg Amount (13,322). 2. "Personal Volume" section with a bar chart titled "Sales volume for last 6 periods". The chart shows sales in dollars for periods K-5, K-4, K-3, K-2, K-1, and URR. 3. "BREAKING COACH NEWS!" section with a list of news items and dates.

Period	Sales \$
K-5	~180
K-4	~250
K-3	~580
K-2	~580
K-1	~580
URR	~50

News Item	Date
ALL-NEW 3rd PARTY TOOLS!	10/19/09
Follow the Game Plan in Your Online Office!	10/19/09
Watch the New BeachbodyCoach.com Training Webinar	10/19/09
System Series 10: Team Beachbody® Match.com?	10/14/09
RevAbs™ Has Arrived	10/14/09
Meet Doug Fitzgerald: Top Coach, Region 4 - Spring 2009	10/14/09

My Website

You can personalize your Coach Website by going in to the Edit fields and changing the text and by choosing various images that reflect the site you want your guests to see. You must be in the edit mode to make changes to your site. Don't forget to add your social networking sites from the Page Setup area at the top of the page.

Your Coach Website address is:

www.beachbodycoach.com/<your screen name>

Your Coach Website is your personal store front for your customers and guests. This is the best place to let people know who you are, what you do and what you can do for them! Keep it simple but make it all our own!

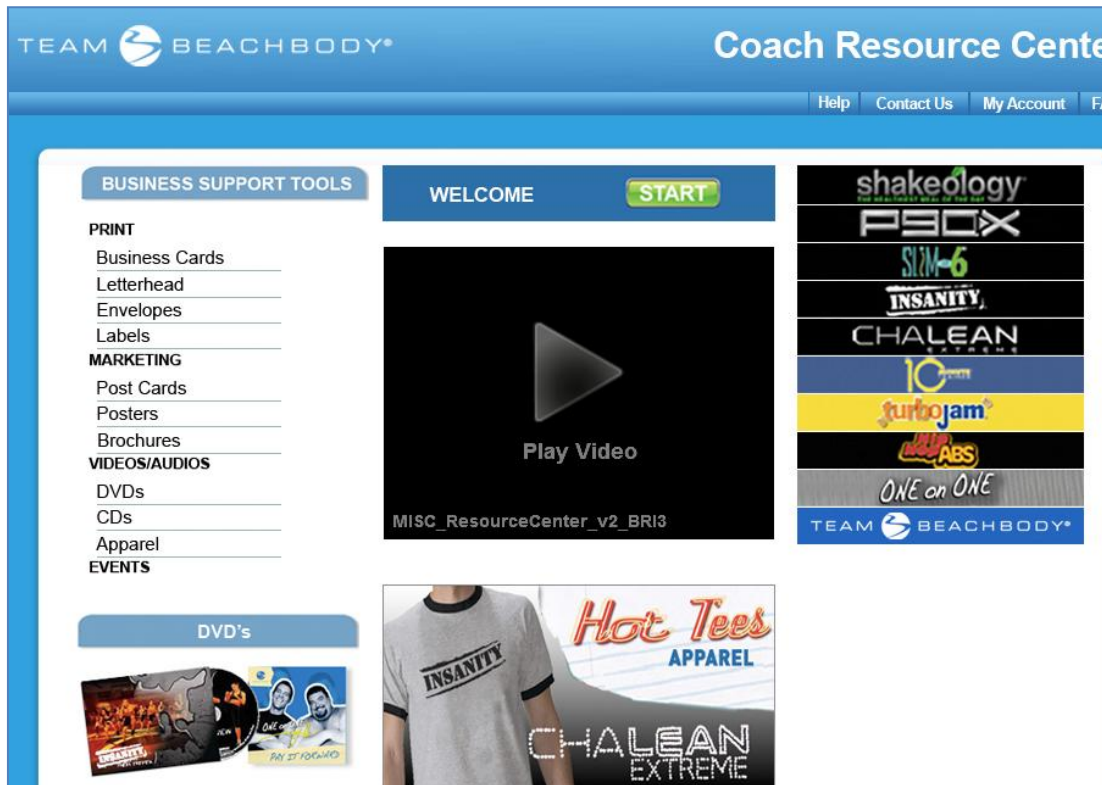
The screenshot displays a web editor interface for a Team Beachbody Coach website. At the top, there's a navigation bar with options like 'Back to Online Office', 'Preview Website', 'Page Setup', and 'Hits:420'. The main header features the 'TEAM BEACHBODY' logo and a URL: 'http://mbody1.stage.icentris.net/esuite/home/ sandibou'. The central banner is for 'P90X' with the slogan 'Do something extraordinary.' and includes buttons for 'The P90X phenomenon', 'See real results', and 'Buy P90X'. On the left, a sidebar for 'Sandi Beach' includes a contact form with a phone number '(310) 883-9440' and a 'Contact Me!' button. Below this is a 'click here to edit crop' link. Further down, there are three tiles: 'Join' (Get support and tools for real results at Team Beachbody), 'Coach' (Earn money while helping others as a Team Beachbody Coach), and 'Shop' (Transform your body and your life with Beachbody products). To the right, there are two more tiles: 'ChaLEAN Extreme' (Burn body fat and boost metabolism with Chalene's 3-phase circuit training system) and 'Be A Coach' (Have passion for what you do and help people lead a healthy, fulfilling life). A footer note says: 'To add your social network urls to these links please go to your profile page by going to > Page Setup > Add Social Networks'. Red arrows point to various 'Edit' and 'Choose' buttons throughout the page, indicating customizable elements.

Sales & Marketing

The Sales & Marketing tab will take you to various areas such as the Coach Resource Center, Logos & Assets, Online Tools and Press pages.

Coach Resource Center

The Resource Center is where you can purchase customized tools to market your new business. There are high-quality print pieces as well as video and apparel.



Logos & Assets/Online Tools

You'll find all the assets you need to create more personalized projects. You'll also find web tools to add to personalized sites.

Press

Beachbody is always in the press. Whether featured on TV or in magazines, there is always someone famous using our products and talking about their amazing results.

My Business

This section allows you to monitor your business as well as create reports based on the various criteria you choose. It also lets you choose your preferred placement settings.

Optimize growth

You can take advantage of **Preferred Placement** to optimize your earnings. You can set the placement of all new Coaches that sign up from your Website to be placed in a certain spot in your organization.

Select **Automatic Placement** and the system will automatically place new Coaches in the first open spot in your weakest leg.

Select **Preferred Placement** and you decide if new Coaches come in your left leg, right leg, first available position or weakest position. You can change this setting as often as you like.

Please note: you cannot make changes once a Coach has been placed in your organization. If you make a mistake, call Coach Relations within 72 hours.

Choose your Preferred Placement:

Choose the preferred placement for new Coach. This will be used when new reps signup via the Personal Replicated Sites.

Placement Type: Automatic Placement
 Set Preferred Placement

Placement ID: (optional)

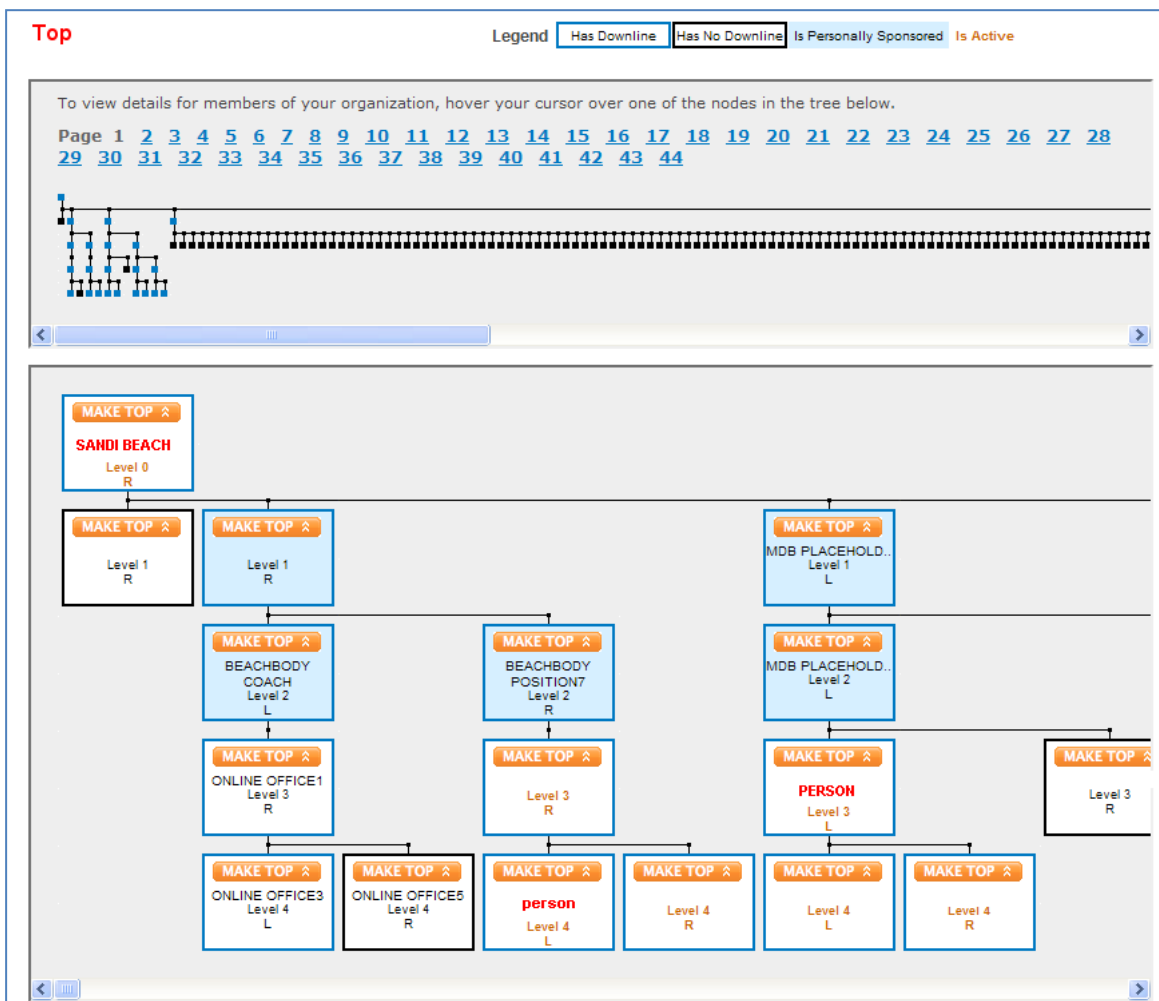
Business Center:

Position:

[SAVE >>](#)

Grow your organization



You can view your organization in a list form or graphical view. These views make it simple to manage and balance **the growth of your organization**. Coaches shown in the graphical view are identified as active or inactive and having their own downline. This is a quick view of your team which can help you make placement decisions and mentoring choices.



Browse or search customers

The Advanced Customer Search helps you target information about your customers so you can manage them more easily. Fill in the various criteria and Show the Report. Find out how many customers have purchased P90X or how many live within 50 miles from your house or how many customers have not ordered in the last 90 days, etc.

Have fun with reports creation and save reports for future use.

 **Customers**  [Report Help](#)



i Customize the criteria (or rules) by which people will be displayed


First Name Starts With ▼



Last Name Starts With ▼

Screen Name Starts With ▼

Email Starts With ▼

Join Date Between  and 

No Order Since 

Order Date Between  and 

Home Direct All ▼

Customer Status All ▼

Preferred Program ANY

- FAST 10
- GREAT ABS GUARANTEED!
- GREAT BODY GUARANTEED!
- GREAT STRETCH GUARANTEED!
- HIP HOP ABS
- HO'ALA KE KINO
- KATHY SMITH'S PROJECT: YOU!
- KEEP IT UP!
- P90X
- POWER 90
- POWER HALF HOUR
- SLIM IN 6
- SLIM SERIES
- THIN THIGHS GUARANTEED!
- TONY & THE FOLKS!
- TONY & THE KIDS!
- TURBO JAM

View your orders

My Orders

Summary page shows you a **summary** of the orders both you and your customers have placed.

The screenshot displays the Beachbody website dashboard. At the top, there is a navigation bar with the Beachbody logo and the date "Tuesday, October 20, 2009". Below the navigation bar, there are several menu items: HOME, GETTING STARTED, MY WEBSITE, SALES & MARKETING, MY BUSINESS (highlighted), MY DESK, NEWS & TRAINING, and VIDEO LIBRARY. A dropdown menu is open under MY BUSINESS, listing options: MY PREFERRED PLACEMENT, MY DOWNLINE, MY VOLUME, MY CUSTOMERS, MY LEADS, MY ORDERS (highlighted with a mouse cursor), MY EARNINGS, MY COMMISSIONS, and MY SAVED REPORTS. On the left side, there are sections for "My Volume:" and "My Business". The "My Volume:" section includes a table with the following data:

Metric	Amount
Bonus PV	
Team Volume Amount	172,240
Left Leg Amount	158,918
Right Leg Amount	13,322

The "My Business" section includes a "My Downline" section with several options: Preferred Placement, Graphical Genealogy, Personally Sponsored, Full Genealogy, and Coach Search. In the center, there are two bar charts under the heading "My Graphs". The first chart is titled "Personal Volume Sales volume for last 6 periods" and shows sales volume in dollars for six periods (WK -5 to WK -1) and the current period (CURR). The second chart is titled "Team Volume Sales volume for last 6 periods" and shows sales volume for the same periods, with a legend indicating "Team Volume" (green) and "Right Volume" (orange). The y-axis for both charts ranges from 0 to 600,000.

View your earnings and commissions

By clicking on **My Earnings** you can view your weekly earnings. The **Commissions** page provides you with a summary of payout information related to your business. Clicking on any commission listing will take you to a new page with a breakdown that shows you **which income stream** your commissions are coming from.

My Desk

My desk includes all the things you would take care of from your actual desk at home or work. Things like scheduling appointments, sending emails/ecards and managing your contacts.

My Calendar

Use the Online Calendar to schedule your appointments (events), tasks and events. Anything you put in the calendar will pop up on your alerts on the home page when it is time to act on them. You can view your calendar by day, week, month and year. You can use the Settings tab to set your calendar view. Use this calendar to remind you of business events and personal activities.

BEACHBODY® RETURN TO TEAM BEACHBODY >>
Tuesday, October 20, 2009

HOME GETTING STARTED MY WEBSITE SALES & MARKETING MY BUSINESS **MY DESK** NEWS & TRAINING VIDEO LIBRARY

Welcome **LATANGIA VALENCIA!**

My Current Rank: Coach
My Status: Inactive
My Sponsor: No information on file
My Volume: Bonus PV

Team Volume Amount	172,240
Left Leg Amount	158,918
Right Leg Amount	13,322

Personal Volume
Sales volume for last 6 periods

Period	Sales \$
IK -5	~180
IK -4	~250
IK -3	~580
IK -2	~580
IK -1	~580
CURR	~580

MY CALENDAR (Dropdown Menu):
 ADD A TASK
 VIEW TASKS
 ADD EVENT
 DAILY
 WEEKLY
 MONTHLY
 YEARLY
 EVENTS
 CORPORATE EVENTS
 SETTINGS

Follow the Game Plan in Your Onl Office!
 Watch the New BeachbodyCoach Training Webinar
 System Series 10: Team Beachb Match.com?
 RevAbs™ Has Arrived 10/14/09
 Meet Doug Fitzgerald: Top Coach, Region 4 – Spring 2009 10/14/09
NEW COACHES START HERE!

Add Task Add Event Daily Weekly Monthly Yearly Events Tasks Settings

Daily Calendar View

Viewing Thursday, September 18, 2008

Time	Your Day
8:00 AM	
8:15	
8:30	
8:45	
9:00	
9:15	
9:30	
9:45	
10:00	
10:15	
10:30	
10:45	
11:00	
11:15	
11:30	
11:45	
12:00 PM	
12:15	
12:30	

September 2008

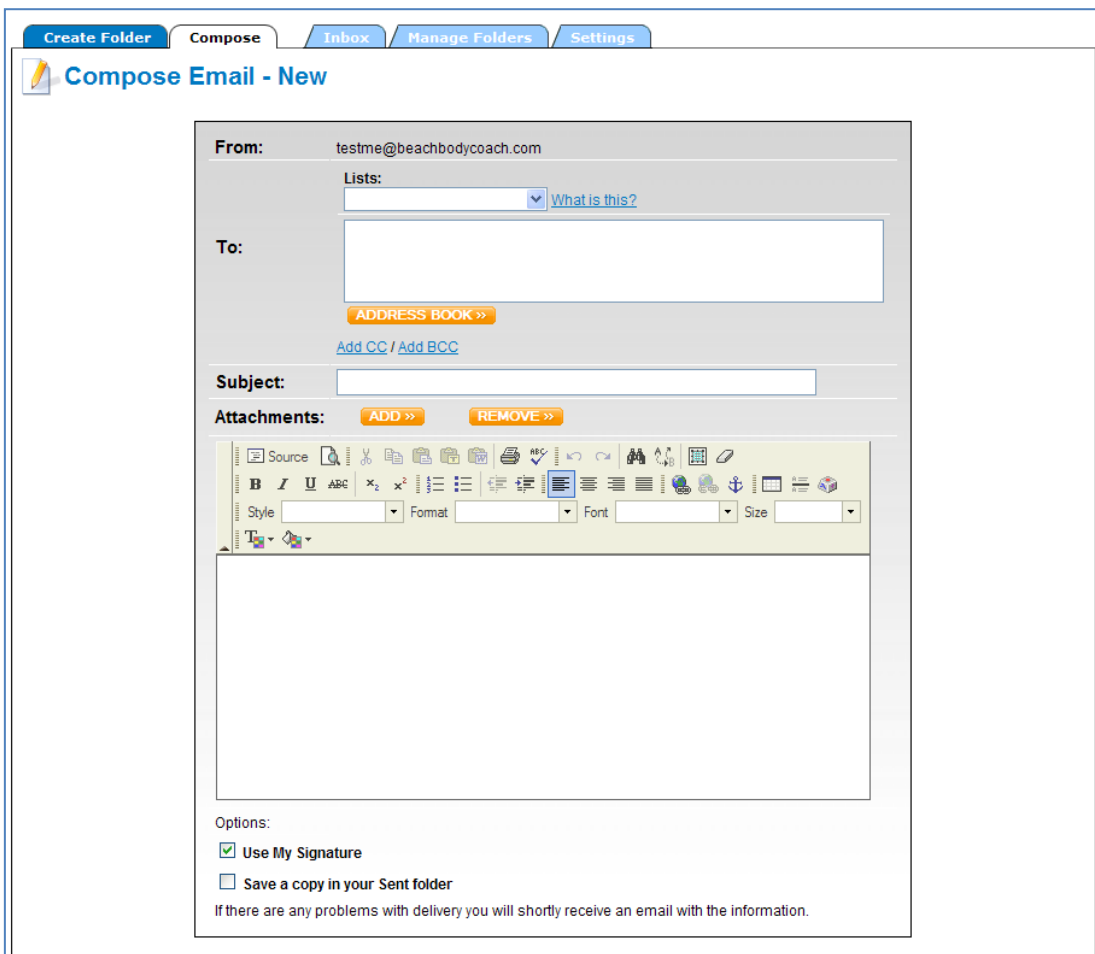
S	M	T	W	T	F	S
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	1	2	3	4

Today's Tasks
You don't have any current tasks

PRINTER-FRIENDLY VERSION >>

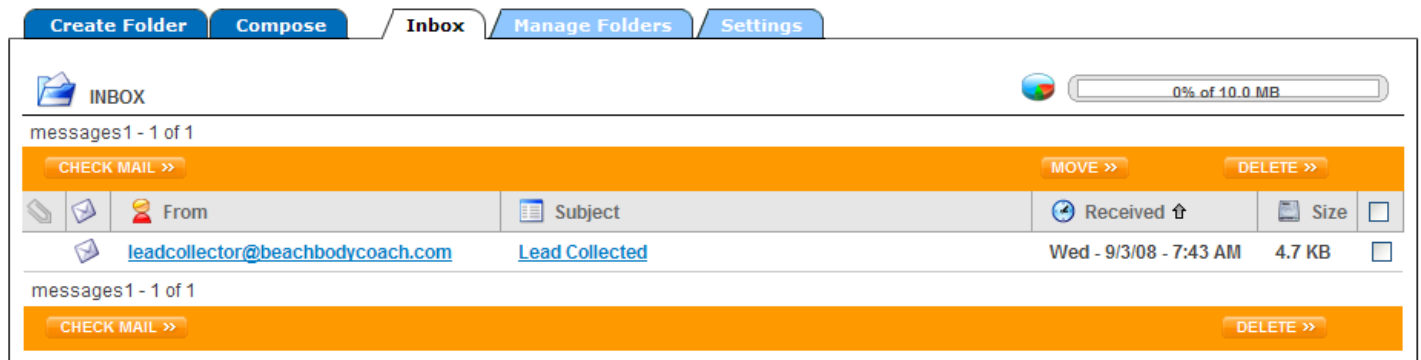
My Email

This works like a traditional email account with similar functionality to compose emails, create personalized mail folders and manage email defaults.



You can use this account to receive personal emails. Your email address is:

<your screen name>@beachbodycoach.com



My Ecards

You can create your own ecards to send to Coaches, customers and leads. We've provided you with pre-designed templates that you can customize with your event and contact information.

Simply follow the steps after selecting the card you want. You can review the card before you send it to make sure there are no spelling errors.

Use the **eCard Manager** tab to view the cards you've sent and monitor viewership.

Use the **eCard Settings** tab to set your default information for all cards.

Create New eCard | **eCard Settings** | **eCard Manager**

Create a New eCard

Please choose a template

Template Categories

All

Products

- Shakeology Convenience Pack**
of the world's healthiest ingredient available to go.
- Power 90**
- RevAbs™ Zero to Six-Pack**
- Shakeology Convenience Pack**
Black bag your lunch and lose weight.
- Shaun T's Rockin' Body**
- Jump Rope Promotion**
FREE BONUS GIFT
One brand-new, ultra-intense Tony Horton workout every month. One free gift right now.
- P90X**
- P90X® Results and Recovery Formula**
- Go One on One with Tony Horton**
OX was just a warm-up.
- Hip Hop Abs**
- Meal Replacement Shake**
- P90X® Plus**

- [WHAT'S NEW](#)
- [RECOGNITION](#)
- [THE BASICS](#)
- [GAME PLAN TRAINING](#)
- [EVENTS](#)
- [The Game Plan Event](#)
- [MOMENTUM](#)
- [CONTESTS](#)

Read all about it!

News & Training is where you will find all the latest news stories that affect you and your business. On the left side of this page you will see big orange buttons that contain various contest information, training documents and event details. Check out the Recognition tab to see who is rising in the ranks and building strong teams.

The six update categories below contain short easy-to-read news blurbs to keep you current on company, community and site information.



NEWS UPDATES

News and tools you can use right now!

COACH OPERATIONS	SITE UPDATES
8/17 – Learn the Coach Dos and Don'ts	10/14 – Your Online Office to Get Makeover
RECOGNITION	10/5 – New Coach Web Site In The Works?
10/14 – Meet Doug Fitzgerald, Top Coach, Region 4	9/16 – Revamped 'Contests' Landing Page Eases Navigation
9/28 – She's a 10 Star Kind of Diamond	PRODUCTS
9/9 – Another One for the Star-Books	10/14 – RevAbs™ Has Arrived
SALES & TRAINING	10/5 – Get a FREE Hi-Speed Pro Jump Rope
10/19 – Follow the Game Plan in Your Online Office!	9/30 – Shakeology®, Simplified!
10/19 – Watch the New BeachbodyCoach.com Training Webinar	COMMUNITY
10/14 – System Series 10: Team Beachbody@ Match.com?	10/12 – Chat LIVE with RevAbs™ Trainer Brett Hoebel This Wednesday!
	7/27 – Attention Hot Bodies!
	7/22 – You're Invited!

Video Library

The Video Library contains dozens of video assets that you can watch for yourself, email to prospects or embed in a blog.

The screenshot shows the Beachbody website's Video Library page. At the top, the Beachbody logo is on the left, and navigation links for 'RETURN TO TEAM BEACHBODY >>' and the date 'Wednesday, October 14, 2009' are on the right. A horizontal menu below the header includes: HOME, GETTING STARTED, MY WEBSITE, SALES & MARKETING, MY BUSINESS, MY DESK, NEWS & TRAINING, and VIDEO LIBRARY. The main content area is titled 'VIDEO LIBRARY' and features a sidebar on the left with categories: News, Retailing, Recruiting, Training, Events, Recognition, and Success Stories. The central video player displays a video titled 'Doug Fitzgerald: Top Coach, Region 4 - Spring'. The video frame shows the words 'top' in yellow and 'COACH' in white on a dark background. Below the video frame is a control bar with a progress indicator (00:09 / 08:29), a PAUSE button, and links for 'email', 'get link', 'get code', and a 'MENU' button. To the right of the video player, there is a text block: 'Doug Fitzgerald: Top Coach, Region 4 - Spring' followed by a paragraph: 'In earning the Top Coach Award, Doug accumulated the most points in his region for retail sales, rank advancement and recruiting. Hear about his awesome physical and financial transformation as a Team Beachbody® Coach!'. Below the video player, a 'More Videos' section displays four video thumbnails with titles: 'Doug Fitzgerald: Top Coach, Region 4 - Spring 2009', 'Hot new business website coming in October', 'Free Jump Rope', and 'The Game Plan Preview II'. Navigation arrows are visible on either side of the 'More Videos' row.