

WELCOME TO THE TEAM

*We are here to help you share this **AMAZING** gift with others, and build an incredible business!*

Monday Night Team Training Zoom ID: 867 530 9222

LISTS LINK:

<https://docs.google.com/spreadsheets/d/10a6oGJ-eswy5b-37EHWLkJHfHYB5y63YxbFSEgvlseM/edit?usp=sharing>

START HERE

DAY 1

- ☐ Setting up your website - <https://vimeo.com/248932968/72ef1c5979>
- ☐ Accept the invite to **Team Synergy and your Global Team Page.**
- ☐ Start creating a list of **20-30** people that are on your heart
 - People that you would like to share this program with
 - People that have asked you about program
 - People that you know would benefit from one of our 4 components (Health Coach, Health Community, Habits of Transformation, Nutrition Plan)
- ☐ Create a “teaser post” on Facebook and/or instagram
 - Example: Hey Friends! I am so excited to be starting a new chapter in my life! You may or may not know, but I have recently made a decision to take my health back. Since getting incredible results, I have decided to partner with others and help coach them to their goals! Stay tuned! It’s going to be a fun journey!
 - Example: Hey Friends! I’m super excited for this new season of life! Stay tuned... ;)
- ☐ Write down your “why” in a highly visible place (your mirror, night stand, phone background, etc)
- ☐ Mark your calendar for every Monday Team Training (4:30 pm pacific/7:30 pm eastern)
 - Zoom ID: 867 530 9222

DAY 2

- ☐ Put an * by **5** of the people on your list
 - These are the people that would come help you at 3am if you had a flat tire on the side of the road
- ☐ Start a conversation with those 5 people
 - Example: Hey _____! I wanted to give you an update! Recently I have been on a journey of transforming my health. I have _____(share some of your success). Since getting incredible results, I have decided to share this

program with others. Would you have time in the next couple days for a call? I would love to share it with you, whether it's something you would be interested in or not. I could really use the practice. You would be helping me out as a new coach.

- ☐ Start reaching out to the 20-30 people on your list
 - These conversations can be related to the program or simply catching up
- ☐ Set up 3-4 Health Assessment calls with your coach within 48 hours
 - ☐ #1 _____
 - ☐ #2 _____
 - ☐ #3 _____
 - ☐ #4 _____
- ☐ Create an engagement post on Facebook and/or Instagram
 - Utilize this link for tons of engagement options 
https://drive.google.com/drive/folders/1TwtZ_JWcrTN_8w9Q5WD_tL9qV7p_r-AwE
- ☐ "Work the post"
 - Reply back to the comments

DAY 3 - It's time to launch your Social Media and share your story

- ☐ Create a side by side post with the disclaimer
 - We use Canva to put together our side by side's.
 - It's recommended for the before picture to be on the **left** and the after picture to be on the **right**.
 - Example of a side by side -
https://www.canva.com/design/DAExCNxDrzo/share/preview?token=Ln2jYf3V3k_zy3m1oerVAw&role=EDITOR&utm_content=DAExCNxDrzo&utm_campaign=designshare&utm_medium=link&utm_source=sharebutton
 - Recommended disclaimer: *Average weight loss on the Optimal Weight 5 & 1 Plan® is 12 pounds. Clients are in weight loss, on average, for 12 weeks.*
 - Send your picture and your caption to your mentorship team so we can help you with the language and posture.
- ☐ After you and your mentorship team finalize your post, share it on Facebook and Instagram between 6pm-8pm
- ☐ You and your mentorship team will "work the post"
- ☐ Comment back and send a message to the people that are interested
 - Example: Hey _____! I'm so excited for you! I'd love to share more about the program I've been doing! What are some of your goals?
 - Example: Hey _____! I'm excited to share more about my program! Would you have time for a short call in the next day or two? I'm free _____! Do one of those times work for you?
- ☐ Add 3-5 friends

- ☐ Start 3 conversations 1. _____ 2. _____ 3. _____

DAY 4

- ☐ Create a “lifestyle” post
- Share something about yourself! Let people know what is important to you! Don't forget to add in the mix that you are a health coach.
- ☐ Respond back to every comment from yesterday's side/side post
- ☐ “Thank the likes” from yesterday's post
- Reach out to your mentorship team for tips when “thanking the likes”
 - Take it to messenger, and say something like: “Hey _____! Thank you so much for liking my picture! I'm so thankful to have found a program that actually gets results!”
- ☐ Add 3-5 friends
- ☐ Start 3 conversations 1. _____ 2. _____ 3. _____

DAY 5

- ☐ Create a “celebration” post
- Celebrate one of your mentors or use a client's testimonial. If you aren't sure where to find those, check with your mentorship team
- ☐ Add 3-5 friends
- ☐ Start 3 conversations 1. _____ 2. _____ 3. _____
- ☐ Add 10-20 more names to your list
- Use your facebook friends
 - People that have responded to your messages
- ☐ Check in with your mentorship team. Let them know how your actions are going. If you need any help, this is a great time to ask questions. Ask if they have any suggestions for you.

DAY 6

- ☐ Create a “engagement” post
- Link for options:
https://drive.google.com/drive/folders/1TwtZ_JWcrTN_8w9Q5WD_tL9qV7pr-AwE
- ☐ Add 3-5 friends
- ☐ Start 3 conversations 1. _____ 2. _____ 3. _____
- ☐ Start 5 additional conversations with the people you added to your list yesterday

DAY 7

- ☐ Create a “Non-Scale Victory” post
 - Today let's share one of your Non-Scale Victories! Share an NSV with your Facebook friends. It could be anything that is a meaningful NSV that people could relate to! What activities are you able to do now, that you couldn't do before? What does that mean to you? Share what life was like before program and how it has improved since starting this program and getting healthy! Share what life was like before and what life is like now. Let them see what an amazing change this has caused. Share how it has not just improved your life, but what this has also meant for your family! If you mention weight-loss, include the disclaimer on your photo. Get some ideas [here](#)! Have you done a Facebook LIVE yet? This would be a great one to share in a LIVE video because they can see your eyes and hear your voice!
- ☐ Add 3-5 friends
- ☐ Start 3 conversations 1. _____ 2. _____ 3. _____
- ☐ Start 5 additional conversations with the people you added to your list
- ☐ Check in with your mentorship team. Let them know how your actions are going. If you need any help, this is a great time to ask questions. Ask if they have any suggestions for you.

CONGRATULATIONS! You’ve completed *ONE FULL WEEK* of coaching! How fun is that?!

Now we’re going to continue with the daily actions, but you will utilize fasttracktofreedom.info. For the next month, you will follow the daily in the link below, and then report your daily actions for each day to your mentorship team. If you have questions about the Hub, reach out to your mentorship team! They would love to help you!

👉 **Fast Track to Freedom** 👉
Fasttracktofreedom.info

✗ **AFTER YOU HAVE ACQUIRED CLIENTS** ✗

- Watch the video: How to Support Clients Well Week One
 - <https://www.fasttracktofreedom.info/clientsupport>
- Daily Texts
 - https://docs.google.com/document/d/1_7ymaOHS3iZ4bgqWz87f_8suumrEE_O_pgTWxkhfXgl4/edit



CONGRATULATIONS!!