

Save my number and text me so I can save your info, too!					
Watch the <u>New Coach Call</u>					
If you haven't yet, join our <u>Facebook Group</u> .					
Choose a picture of yourself that you love and use it to announce that you're a Coach on all of your social media accounts. (See tips on creating your post.) Send me your draft (text & picture) first!					
Tag me in your post and text me when your post is up so that I can show you some love!					
Save a link to <b>Share-a-Cart</b> . This will be how you sign up customers & coaches.					
Sign up your spouse/partner as a Coach with a Total Solution Pack! (You can text me for help selecting the best option.)					
Sign up another family member or bestie as a Coach to achieve Emerald status!					
Watch this video from our Upline Coaches in Diesel Nation on Achieving Emerald.					
Text me to set up a 1:1 call to talk about your next steps.					
Start thinking about other family and friends who you can invite to join your challenge group with a Total Solution Pack (See Page 2)					
Listen to this video as your personal development for your 1st month: <u>Building Your Network Marketing Business</u>					

## - MONTH 1 GOALS -

- 1. Emerald Coach Rank: Sign up 2 Coaches
- 2. Success Club: Help 3 People With Total Solution Packs
- 3. Cover the Cost of Your Products
- 4. Share Your Personal Journey Daily on Social Media
- 5. Keep a Positive Attitude!



Invites

#### - WHERE TO START -

You can start inviting friends/family before you do your first post if you want! Ask them to be your accountability partners or to give you honest feedback. After you do your social media post, if people want more info, reach out to those people first (these count as invites!) and then start messaging people who liked/commented on it.

### - Close friend/family member -

Hey! If I ran a virtual bootcamp with home workouts and a nutrition plan would you do it with me!? So far I've (insert what it's done for you - lost 5 pounds, am running faster, feel stronger, etc). I want you to try it for yourself too and let me know your honest feedback.

### - People who liked your first post -

Hey (Name)! Thanks so much for your support on my post! I'm really excited about it because of how much better I feel and how simple the plan is to follow. {or what it's done for you "I've lost 5 pounds in 3 weeks or "I'm running faster already"]. Would you be open to me sending more info on the accountability group? I'm really excited for this!!!

# Build your list

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Name	Invite	Sent Info	Follow Up	Name	Invite	Sent Info	Follow Up
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