

KNOW YOUR INFORMATION

MY COACH ID

MY COACH WEBSITES

BeachbodyCoach.com/ _____

Shakeology.com/ _____

MyUltimateReset.com/ _____

MY COACH SUPPORT TEAM

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







Coach Relations:

1 (800) 240-0913 faqcoach.custhelp.com

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GET AND STAY CONNECTED

SOCIAL MEDIA

 [Facebook.com/TBBCoach411](https://www.facebook.com/TBBCoach411)
 [Instagram.com/TBBCoach411](https://www.instagram.com/TBBCoach411)
 [@TBBCoach411](https://twitter.com/TBBCoach411)
 [YouTube.com/TeamBeachbody](https://www.youtube.com/TeamBeachbody)
 TBBCoach411.com
 [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
 Download the Audio File: [#WAKEUPCALL Archive](#)

2

SET UP YOUR BUSINESS

- Watch: How to Set up Your Profile & Websites ([Video](#))
- Watch: How to Navigate the Coach Office Website ([Video](#))
- Watch: The Value of Team Beachbody Club ([Video](#))

3

CREATE AN ACTION PLAN

- Complete: Your Coach Action Plan (See Page Two)

4

IDENTIFY PEOPLE TO HELP

- Download and Use: Memory Jogger ([PDF](#))
- Download and Use: Contact List ([PDF](#) / [Word](#) / [Excel](#))

5

ENGAGE IN TRAINING

Ask your sponsor or Upline Diamond to join their Coach Basics Group.

- Review: Coach Basics Participant Starter Guide ([PDF](#))
- Review: Coach Training ([Website](#))
(Coach Office > News & Training > Training)

6

3 VITAL BEHAVIORS of a Team Beachbody® Coach

Invite. Invite. Invite.

Invite as many people as possible. Every Day. Invite people to join your Beachbody Challenge® Group. Have the courage to invite everyone you come into contact with. Invite. Then invite more.

Be Proof the Products Work

Use the fitness programs. Use Shakeology®. Use the Ultimate Reset®. Be a walking Success Story.

Personal Development

Every Day. Read, listen to audiobooks, use Success on Demand in the Coach Office. Listen to the National Wake-Up Call and team calls and attend Summit and other training seminars.

REGISTER TO ATTEND EVENTS



SUPER saturday
TEAM BEACHBODY



COACH ACTION PLAN

My Success Partner(s): _____

My Why:

I became a Team Beachbody Coach because:

Set Your Goals:

GOALS	MONTH 1: _____	MONTH 2: _____	MONTH 3: _____
Success Club (Qualify for <u>Success Starters</u>)			
Monthly Income (Pay for Your Product)			
Rank Advancement (<u>Emerald Coach</u>)			
Other: _____			

Connect Your Goals to Your Why:

Achieving these goals will impact my business and personal life by:

Schedule Your Time:

I will work _____ hours a (day / week) on my business.

I will fit this time into my schedule by:

(Ex: Wake-up early, on lunch hour, after kids go to bed, etc.)

Define Your Daily Activity:

I will complete the following activity every day:

(Ex: 3 social media posts, 2 new contacts, etc.)

These activities will help me:

(Ex: Build my social media brand, increase my confidence, etc.)

Identify Potential Obstacles:

The following are potential obstacles that I foresee:

(Ex: Kids getting sick, working late, etc.)

I plan to overcome these obstacles by:

(Ex: Have a back-up sitter list, plan ahead and adjust schedule, etc.)

Hold Yourself Accountable:

I will hold myself accountable to my action plan by using the Business Activity Tracker every week and sharing it with my Success Partner(s).

Schedule a Challenge Group and Go Public:

I will share the start date for my Challenge Group on social media.

Challenge Group Start Date: _____