



3 VITAL BEHAVIORS OF A TEAM BEACHBODY® COACH

1

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.

2

BE PROOF THE PRODUCTS WORK.

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

3

PERSONAL DEVELOPMENT.

Every day, read, listen to audiobooks, use Success on Demand in the back office. Listen to the weekly Coach Call and Team calls, attend Summit and other training seminars.

*Our core purpose is to help people achieve their goals
and enjoy a healthy, fulfilling life.*

The more people you help, the more successful you'll be.



CALL TO ACTION

- 1 Practice the 3 Vital Behaviors.
- 2 Always add names to your Contact List and follow up.
- 3 Follow the 5-Step Invitation Process to invite until you have 2 people each week join your Challenge Group.
- 4 Use the Beachbody Challenge® Guides for your Challenge Groups.
- 5 Set goals and track your activity with the Business Activity Tracker.
- 6 Qualify for Success Club 5 or 10 every month.
- 7 Use the Customer to Coach Guide to sponsor new Coaches.
- 8 Use the Business Quick Start and How to Get New Coaches Started Right guide with new Coaches.
- 9 Use the Coach Basics Guide with all your Coaches to learn the fundamentals.
- 10 Teach your Coaches to follow the Beachbody Challenge System for success.

**SUCCESS WILL BE DETERMINED BY HOW WELL
YOU ALIGN YOUR GOALS AND ACTIVITIES**