

**COACH BASICS GROUP**

Participant Starter Guide

**A message from your Coach Basics Group Leader:**

Welcome and congratulations on your decision to participate in this Coach Basics Group to launch your business! The next 60 days will be filled with activities that were specifically designed to teach you the 3 Vital Behaviors to help you really rock your business! You will be invited to a private Facebook page where you will get daily posts that include step-by-step activities and the opportunity to interact with other Coaches and ask questions. If we are not yet Facebook friends, “friend” request me at: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. I want to help you create results with this proven system. By the end of the program you will have been inspired, grown in confidence, and be ready to help others. Let’s do this!

**My Contact Info (feel free to contact me at any time):**

Phone & Text:

Email:

**Here is what you need to do before we start:**

1. Complete the 7-Day Quick Start prior to Day 1 of the Coach Basics Group start date & email a copy of your completed form to me: <http://tbbcoa.ch/7Day_Start>
2. Set your goals, which include:

* Pay for your product within your first 30 days
* Promote to Emerald Coach rank and earn Success Club 5 during your first 60 days

1. Download and read:

* 5 Step Invitation Guide <http://tbbcoa.ch/InviteGuide>
* Beachbody Challenge Group Guide for the fitness program of your choice
* Business Activity Tracker <http://tbbcoa.ch/BAT_2013>
* How to use the Business Activity Tracker <http://youtu.be/sWlzPDPutm4>

1. Start creating your list of people to help on your 7-Day Quick Start
2. Order Wear & Share items (Coach Online Office>Sales&Marketing>TeamBeachbody Mall)
3. Watch the Beachbody Challenge Group Training Videos:

* Part 1 <http://youtu.be/OiRyeFsThWo>
* Part 2 <http://youtu.be/AkniNiPFgTo>
* Part 3 <http://youtu.be/Vge4q0cCe9M>

1. Purchase The Compound Effect by Darren Hardy (local bookstore/amazon.com/…)
2. Complete the Personality Test <http://www.colorcode.com/coupon/beachbodycoach>

**Your Commitments:**

* Commit to engage in the daily activities and complete all 60 days of the program
* Check in daily with your Coach Basics Group on Facebook
* Complete your Business Activity Tracker each week and email it to me
* Attend our weekly video conference
* Listen to the National Wake Up Call every Monday @ 10am CST.
  + Dial: 832-225-5055 Password: 90405# (recording via phone 832-225-5065)