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NEW COACH CHECK LIST!!!! Basically this is your everything you need to know in your first 90 days and you and I can personally work together on the HOW's and there are lots of training videos out there on the HOW's but I wanted to get you like a CHECK LIST!

1. Daily do the 3 vital behaviors (no excuses 6 days/wk)
2. Run your own challenge groups (you can team up with your coach and/or another coach for your first one. Always have a new 1 running each month with a set date is what I suggest, so the first Monday of every month or something)
3. Get to Emerald and hit Success Club (repeat this concept monthly/consistently and you will watch your income/team/confidence grow month after month and you will instantly become a leader)
4. Post daily in your challenge group and a coach basics group you are in so that your coach knows you are in this and can give you lots of his/her attention.
5. Requirements to receive free customers as an EMERALD (do this all in your first week of signing as coach and you won't every have to worry about your qualifications)

First, you must have a before or after pic up in your bio page on team beachbody (you don't have to be in a suit, shirtless or in sports bra. you define what pic goes there)

Second, Make sure also in that TBB profile you have a short bio typed up.

Third, you must keep your quarterly \$40 club fee. (if you signed as coach with challenge pack, it will just be charged at day 30 of you signing up and don't worry about it) and

Finally, Always be up to date with your shakeology order and your \$15.95 monthly fee

6. Make sure you immediately go to my business/eft management and put in your bank info so your first paycheck is automatically direct deposit (they charge you \$2.50 to send you a live check)

****PRINT THIS OUT and give to all your new coaches too****We will go over, how to invite, how to run challenge groups, how to post on social media etc... but this is the TO DO's and you will be trained on the HOW TO