Here is your coach manual:  
Week 1: watch all the coach modules while you wait for your package to arrive . Soak it all in , take notes , get an overview as to what we do.

Action steps:  
1.make sure you know and write down all of your websites that Beachbody gives u with your screenname ( these are in module 1)

2.Make sure you know how to log into your TBB account and the coach online office where your business is housed

3.Upload your pics and bio

4. Start your program as it arrives and start drinking your shakes \*post a pic publicly on your Facebook wall when it comes in and title it "time for change" or in your own words, and tag your coach thanking them for inviting u to check this out

Week 2: most likely you have been added to 2-3 Facebook private groups by your coach   
1. Is a challenge group where you will post about your health and fitness journey daily for accountability   
2. Is their PS ( personally sponsored page ) where they will train you and ask for audience participation   
3. The big team passion page ( this will be fast paced but you need to be in there for sense of community   
  
Action steps :   
1.make these 2-3 groups (it's ok if ur coach doesn't have a ps page ) favorites on Facebook so u always know where they are , to do so click on groups , find the group and click add to favorites . It will now be in the top left of screen on phone or computer for easy access   
  
2. Go into these pages 1-2 times per day (minimum) and post about ur workout / shakes / motivation in the challenge group one  
And read thru the posts on coach team pages and comment as necessary   
  
3. This entire week 2 get used to being plugged into the community and consistently posting as being part of it

3: time to get to work   
By now you have started your journey , you are feeling good , endorphins are high . And you have heard the term 3 vital behaviors more often than not  
Good news , you are already doing 2 of them above  
1. Personal development (coach modules training / reading what people are saying on pages )  
2. Your workouts and shakes are happening so you are being product of the product   
  
Now time for #3 which is   
Invite invite invite   
Your only job as a coach aside from the above 2 is to share your journey diary with people publicly and privately and find 3 people per month to start their journey alongside you   
  
Action steps:   
1. Make a list of everyone you know on paper  
Friends / family / Facebook friends (skip Beachbody coaches ) holiday card list etc   
This list should be of 100+ names  
  
2. Each day (7 days per week for consistency) talk to 3 people on this list   
Ask how life is , what's new , and just be human and talk   
\*chances are they will ask you what's new or go stalk ur page and ask about your new journey that you have been posting about \*  
  
3. Post about your new journey   
Post on social media 3 times per day ( see file called social media post guidelines ) and follow that CONSISTENTLY, hear me CONSISTENTLY!!!!!   
  
Post about life / kids / pets  
Post about new journey  
Post motivational quotes that struck you that day in your personal development  
Post about your goals / dreams  
Post pieces of your story  
Just freaking post 3 times per day consistently but with balance , not just Beachbody ,  
Again be human

Week 4: keep repeating   
Teach your team   
Get to emerald and hit success club   
This will all naturally happen as u consistently rinse / lather / repeat 7 days per week and this shouldn't take u more than 90 minutes per day and you can break it up into 30/30/30