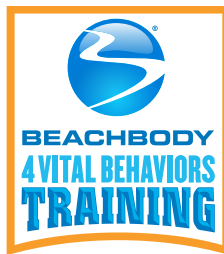




## 4 VITAL BEHAVIORS OF A TEAM BEACHBODY COACH®

- 1 BE PROOF THE PRODUCTS WORK.**  
Drink Shakeology®, complete Beachbody® programs, and be a walking Success Story in progress.
- 2 INVITE. INVITE. INVITE.**  
Invite daily. Invite everyone to join a Beachbody Challenge® Group. Focus on their goals, follow up, and help them get results.
- 3 RECOGNIZE. RECOGNIZE. RECOGNIZE.**  
Celebrate and reinforce every meaningful achievement and activity that leads to results.
- 4 DO PERSONAL DEVELOPMENT.**  
Strengthen and better yourself every day by learning from the success of others. Become the best version of you.

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



# CALL TO ACTION

- 1 Practice the 4 Vital Behaviors.
- 2 Expand your network of contacts 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 My Challenge Tracker app to lead and/or join Challenge Groups and get results.
- 5 Set goals and track your activity with the Business Activity Tracker.
- 6 Achieve Success Club every month.
- 7 Use the Customer to Coach Guide to sponsor new Coaches.
- 8 Use the Business Quick Start and How to Get Your New Coaches Started Right guide with new Coaches.
- 9 Use the Coach Basics Guide with all your Coaches to teach the fundamentals.
- 10 Recognize every moment of success to encourage positive behaviors and increase motivation.

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