

HEALTHY LIVING TOP 10

Top 10 things to Know when getting people started for our 30 day Groups!

GUIDE FOR CLIENTS

1. **Sign-up & order** Fit Kit!
2. Add them to the **Facebook group**, Wednesday before group start date.
(Remind them to accept the Facebook invite.)
3. Ask them for **referrals!** (Who else may want to or need to do this with them?)
4. Go through the **welcome post** (SMORE) with the client and explain it in detail.
(You can also copy & paste the URL and post it in your Facebook messenger client group.)
 - Direct them to announcements section of group & explain this is where to find answers and ask questions.
5. Touch base with your client the weekend before the group starts to make sure they are **preparing** for Monday. Do they have the...
 - Daily Cheat Sheet: meal plans/recipes, detox pantry & eating out guide
 - 30 Day Tracker printed out
6. Go over the importance of **cleaning out** the pantry & any temptations.
 - Answer any questions they may have
 - Make sure they are prepared to shop for **week 1 meal plans**.
7. Remind your client to...
 - Print out the **30 Day Goal Tracker** (located in SMORE post under announcements)
 - Take **Photo** of self (front, side and back)
 - Weigh in and **record measurements** by Sunday night
8. Start a **Facebook Messenger** group for all your personal clients in the group.
 - Add your VP/NVP to the messenger group as well.
9. Ask your client to **post** on Facebook about their upcoming healthy living clean eating journey, (verbiage ideas are in the client support guide)
 - Help them develop a time system to read the Facebook group posts to make sure they are getting all the education we provide
 - Let them know the first few days will be the hardest, but by day 4 they should settle into their routine
10. **Consultants**
 - **Print** out the 30 Day Goal Client Tracker & 30 Days to Healthy Living Client Support guide for specific follow-up and verbiage ideas for posting about their Healthy Living journey.
 - **Commit** to participation in the 30 Day group, help answer questions and offer encouragement to all.
 - Work on building a **relationship** with every client during the 30 Day which will help you identify your next team members!