

TEAM  BEACHBODY®

COACH BASICS



PARTICIPANT STARTER GUIDE

COACH BASICS

WHAT YOU NEED TO KNOW TO GET STARTED

A MESSAGE FROM YOUR COACH BASICS LEADER

Welcome and congratulations on your decision to participate in Coach Basics to launch your business! The next 60 days have been broken into two Modules that will be filled with activities specifically designed to teach you the 3 Vital Behaviors of a successful Coach. 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. I want to help you create results with this proven system. By the end of the program you will be inspired, grow in confidence, and be ready to help others. Let's do this!

THE PREREQUISITES

- 1) Complete the 7-Day Quick Start prior to Day 1 of the Coach Basics program start date
- 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 second month
- 3) Download and read:
 - [5-Step Invitation Guide](#)
 - Beachbody Challenge™ Group Guide for the fitness program of your choice, located in the Coach Online Office → Sales & Marketing → Product Training Guides
 - [Business Activity Tracker](#)
 - [How to Use the Business Activity Tracker](#)
- 4) Go public with your upcoming Challenge Group that starts within 21 days of becoming a Coach
- 5) Start creating your list of people to help
- 6) Order Wear & Share items (Coach Online Office → Sales & Marketing → Team Beachbody Mall)
- 7) Watch the Beachbody Challenge Group Training Videos
 - [Part 1](#)
 - [Part 2](#)
 - [Part 3](#)
- 8) Purchase *The Compound Effect* by Darren Hardy. Go to the Team Beachbody Mall under the Sales & Marketing tab in the Coach Online Office to find both the book and audio.

YOUR COMMITMENTS

- Commit to engage in the daily activities and complete each Module
- Check in daily with your Coach Basics group on Facebook
- Complete your Business Activity Tracker each week and submit it to your Coach Basics Leader
- Participate in the weekly Hangout
- Listen to the National Wake-Up Call every week