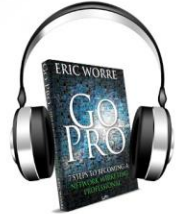


New Coach Daily Task List

- Workout & drink Shakeology.**
(Be PROOF the products work!)



- 10 minutes/10 pages personal development**
(Coach calls & recordings count!)



- Send personal message to 2-3 people.**
("Hi _____, how have you been?")



- Post 2-3 times on social media.**



(Think of your 10 hobbies/personal interests and 1 health/fitness - related)

- Check in with challenge groups/training groups.**



- Check the Coach On-line Office**
(Breaking News on the right, explore and learn!)



- Have FUN!**

