

Fired Up Fit Team

COACH TRAINING

PRESENTED BY: EMBER NEVILL

Daily To-Do's

A.M.

Post on social media - inspirational, positive, funny, etc.

Workout, take a picture and post it. The goal is to interact & to inspire.

Make a list of 10 people you want to eventually talk to about a program, the business, etc.

Comment on others' pictures, ask questions, LIKE posts, and look for post ideas as you go along (especially from the 10 people you want to engage). Check on your challenge groups & training groups.

Add 5 new people on Facebook and follow 5 new people on Instagram that you are REALLY interested in (NOT that will find you interesting. There IS a difference).

AFTERNOON

Post a picture with a recipe, workout, info, something helpful, tip, ask a question.

Read or listen to Personal Development for 15-30 min and post your KEY takeaway to your group of coaches or your challengers.

Reach out via text or Facebook private message to a coach or challenger. (Hey, Hello, You're awesome, How have you been?, How may I help?, etc.)

P.M.

Post again and check on challenge groups.

Follow up with 3 people you have been talking to. Write their names down on a follow up list.

