



10X NEW CLIENT PROCEDURE

1. As soon as the client signs up, send them this questionnaire.

Customize it for your needs!

Subject: Coaching Transformation Program

Hey (First Name)!

Answer these questions as soon as you can!

1. What was your highest and lowest weight in the past 6 months?
2. Do you have any food allergies or restrictions?
3. Due to your schedule, how many times a day do you eat?
4. Do you currently take any medications or supplements? Name all that you are taking:
5. Where does most of your stress come from?
6. What are your favorite types of exercise?
7. What are your favorite types of "cheat meals"?

-Talk soon!

Click here to see some of the lives we've changed and to learn more about us:

www.lifefuelfit.com

ONLINE

- SUPER COACH -

2. Send a Liability Form.

Create yours like this one, but make sure you consult with an attorney that knows the laws of your state!

www.abettermettransformation.net/liability/

My webguy Dennis made mine for me.

Send him an email to: strategicsm@gmail.com

Ask him to model mine for you.

It gives you an electronic signature, and emails both of you a copy!

3. Sign up for my Online Coaching Program.

Here's access to my Online Transformation Program:

www.abettermettransformation.net/register/

After the confirmation email, login here:

www.abettermettransformation.net/login/

PLEASE DO NOT COPY/SHARE!

I will get notified when you sign up.

Just model the program/site and weekly email structure to start building yours out week by week.

As you go through the program you will notice a simple pattern.

4. Fill up the [Membership Site Building-Add On Application](#).

Once you complete the form, you will be contacted to set up a call with Celeste to determine the best package option for you.

ONLINE **- SUPER COACH -**

There you go!

**While you are getting all of this set up,
coach the new online clients you have with weekly phone calls
to build a bond with them.**

**Send them any nutrition or exercise program you have
while the membership site is being built.**

**On the calls, survey them to find out as much as you can about them
to enter the conversations in their minds
and to make your program the best online fitness program in existence!!**