

FITTEAM

SUCCESS CYCLE

TABLE OF CONTENTS

FITTEAM SUCCESS CYCLE

3 YOUR WHY

4 GOALS

5 TIME MANAGEMENT

6 TOP TEN

7 LIST

13 DIAL-IN TO CALLS

14 ATTEND EVENTS

FITTEAM SUCCESS CYCLE GOALS

1 MONTH

6 MONTHS

1 YEAR

2 YEARS

3 YEARS

4 YEARS

5 YEARS

Be specific when setting your goals by including the rank and date.
Most people overestimate what they can do in a year and underestimate what they can do in five years. Be patient, focused, consistent and you'll achieve your goals.

Your Signature: _____

Sponsor's Signature: _____

FITTEAM SUCCESS CYCLE TIME MANAGEMENT

Fill out the time management sheet utilizing the key below. We all have the same amount of time each day; however, our success depends on how we prioritize our time.

R = Recreation/Family Time, J = Job, FT = FITTEAM

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 am							
6:00 am							
7:00 am							
8:00 am							
9:00 am							
10:00 am							
11:00 am							
12:00 pm							
1:00 pm							
2:00 pm							
3:00 pm							
4:00 pm							
5:00 pm							
6:00 pm							
7:00 pm							
8:00 pm							
9:00 pm							
10:00 pm							
11:00 pm							
12:00 pm							
1:00 am							
2:00 am							
3:00 am							
4:00 am							

“Either you run the day or the day runs you.” - Jim Rohn

FITTEAM SUCCESS CYCLE

TOP TEN

List and immediately call the ten people you care about most to share FITTEAM with.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

These are people who are in your circle of influence. This list may consist of some of your closest family, friends or colleagues. Be sure to call this list with one of your FITTEAM leaders.

FITTEAM SUCCESS CYCLE LIST

Build a list of 200 people to share FITTEAM with. Be sure not to exclude or prejudice anyone. Use the memory jogger below to help you complete your list.

Family & Friends

Work With / Old Job
Best Friends
Family Members
Sales People
Eat Lunch With
Party / Socialize With
Lost Job
Hates Job / Complains of Job
Needs More Money
New Employee
Church Members
Nurse
Teacher
Bank Rep / Teller / Cashier
Police Officer / Firefighter
Mailman / UPS / FedEx
Email List / Phone Contacts
Watch Sports With
Workout With / Gym Members
College Friends
Spouse's Best Friends
Military
Neighbors
Old Neighborhood Friends
Wedding Party
Kids' Teachers / Coaches
Kids' Friend's Parents
Direct Sales / MLM
Network Marketing
Social Media Contacts
Most Money Motivated
Leader / Great People Skills
Most Likeable / Enthusiastic
Most Competitive

Business Contacts

Construction / Contractor
Home / Office Cleaning
Lawyer
Martial Arts School
Photographer
Realtor
Bars / Pubs / Taverns
Massage Spas
Nail Salon
Party / Wedding Planner
Accountant / Bookkeeper
Auto / Motorcycle / Boat Sales
Auto Body Repair / Mechanic
Home Repairs / Electrician
Window Tinting / Tire Store
Personal Fitness Trainer
Restaurants
Landscape/ Exterminator
Clothing Stores
Plumber
Insurance Agent (Auto/Home/Life)
Furniture
Jewelry
Painter
Air Conditioning / Appliance Repair
Hair Salon & Spa / Barber
Veterinarian / Pet Shop
Dog Groomer
Dentist / Doctor / Chiropractor
Therapist
Computer Sales / Repairs
Dance / Music School
Dry Cleaners
Pool Cleaning Company

FITTEAM SUCCESS CYCLE LIST

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____
- 7. _____
- 8. _____
- 9. _____
- 10. _____
- 11. _____
- 12. _____
- 13. _____
- 14. _____
- 15. _____
- 16. _____
- 17. _____
- 18. _____
- 19. _____
- 20. _____
- 21. _____
- 22. _____
- 23. _____
- 24. _____
- 25. _____
- 26. _____
- 27. _____
- 28. _____
- 29. _____
- 30. _____
- 31. _____
- 32. _____
- 33. _____
- 34. _____
- 35. _____
- 36. _____
- 37. _____
- 38. _____
- 39. _____
- 40. _____

FITTEAM SUCCESS CYCLE LIST

- 41. _____
- 42. _____
- 43. _____
- 44. _____
- 45. _____
- 46. _____
- 47. _____
- 48. _____
- 49. _____
- 50. _____
- 51. _____
- 52. _____
- 53. _____
- 54. _____
- 55. _____
- 56. _____
- 57. _____
- 58. _____
- 59. _____
- 60. _____
- 61. _____
- 62. _____
- 63. _____
- 64. _____
- 65. _____
- 66. _____
- 67. _____
- 68. _____
- 69. _____
- 70. _____
- 71. _____
- 72. _____
- 73. _____
- 74. _____
- 75. _____
- 76. _____
- 77. _____
- 78. _____
- 79. _____
- 80. _____

FITTEAM SUCCESS CYCLE LIST

- 81. _____
- 82. _____
- 83. _____
- 84. _____
- 85. _____
- 86. _____
- 87. _____
- 88. _____
- 89. _____
- 90. _____
- 91. _____
- 92. _____
- 93. _____
- 94. _____
- 95. _____
- 96. _____
- 97. _____
- 98. _____
- 99. _____
- 100. _____
- 101. _____
- 102. _____
- 103. _____
- 104. _____
- 105. _____
- 106. _____
- 107. _____
- 108. _____
- 109. _____
- 110. _____
- 111. _____
- 112. _____
- 113. _____
- 114. _____
- 115. _____
- 116. _____
- 117. _____
- 118. _____
- 119. _____
- 120. _____

FITTEAM SUCCESS CYCLE LIST

- 121. _____
- 122. _____
- 123. _____
- 124. _____
- 125. _____
- 126. _____
- 127. _____
- 128. _____
- 129. _____
- 130. _____
- 131. _____
- 132. _____
- 133. _____
- 134. _____
- 135. _____
- 136. _____
- 137. _____
- 138. _____
- 139. _____
- 140. _____
- 141. _____
- 142. _____
- 143. _____
- 144. _____
- 145. _____
- 146. _____
- 147. _____
- 148. _____
- 149. _____
- 150. _____
- 151. _____
- 152. _____
- 153. _____
- 154. _____
- 155. _____
- 156. _____
- 157. _____
- 158. _____
- 159. _____
- 160. _____

FITTEAM SUCCESS CYCLE LIST

- | | |
|------------|------------|
| 161. _____ | 181. _____ |
| 162. _____ | 182. _____ |
| 163. _____ | 183. _____ |
| 164. _____ | 184. _____ |
| 165. _____ | 185. _____ |
| 166. _____ | 186. _____ |
| 167. _____ | 187. _____ |
| 168. _____ | 188. _____ |
| 169. _____ | 189. _____ |
| 170. _____ | 190. _____ |
| 171. _____ | 191. _____ |
| 172. _____ | 192. _____ |
| 173. _____ | 193. _____ |
| 174. _____ | 194. _____ |
| 175. _____ | 195. _____ |
| 176. _____ | 196. _____ |
| 177. _____ | 197. _____ |
| 178. _____ | 198. _____ |
| 179. _____ | 199. _____ |
| 180. _____ | 200. _____ |

FITTEAM SUCCESS CYCLE

DIAL-IN TO CALLS

Dialing in to these calls will help keep you informed and inspired.
You must stay close to the fire to stay warm.

ALL CALLS DIAL-IN:

712-770-5603 Pin: 443469#

Morning Motivation Call:

Every Monday - Saturday

11AM EST / 10AM CST / 9AM MST / 8AM PST

Leadership Call:

Every Monday

9PM EST / 8PM CST / 7PM MST / 6PM PST

Training Call:

Every Thursday

9PM EST / 8PM CST / 7PM MST / 6PM PST

FITTEAM SUCCESS CYCLE ATTEND EVENTS

Attending National FITTEAM events will provide you the training necessary to take your business to the next level so you can accomplish your goals and dreams.

First Event

Event Name: _____

Date: _____

Location: _____

Second Event

Event Name: _____

Date: _____

Location: _____

Third Event

Event Name: _____

Date: _____

Location: _____