

# FITTEAM RISE & GRIND CHECKLIST

**What Are You Grateful For?**

**Workout**

**Review Your Goals**

**Post on All Your Social Media Platforms**

**Call 3 Brand Partners**

1) \_\_\_\_\_ 2) \_\_\_\_\_ 3) \_\_\_\_\_

**New Prospects**

**Follow Up**

1) \_\_\_\_\_

1) \_\_\_\_\_

2) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

3) \_\_\_\_\_

4) \_\_\_\_\_

4) \_\_\_\_\_

5) \_\_\_\_\_

5) \_\_\_\_\_

**Morning Motivation Call; 712-770-5603 Pin: 443469#**