

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#**

☐ **Sample**