

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**

1) _____

2) _____

3) _____

4) _____

5) _____

Follow Up

1) _____

2) _____

3) _____

4) _____

5) _____

☐ **Morning Motivation Call: 667-770-1536 Pin: 443469#**

☐ **Sample**