WELCOME CHECKLIST – follow the welcome email / send separately:

Hi Chris,

Your enthusiasm to improve your lifestyle, optimize your meal planning and workouts and FEEL better overall is awesome!  **Let's use that momentum to wrap up a few action items.** Yes, these will take a few minutes, but it's worth devoting a little time now to make the most of your opportunity.

I suggest **PRINTING THIS PAGE** to use as a checklist.

**HOMEWORK**

1. **NOW: Go to your APP STORE on your phone and download the NEW FREE app called "IsaLife"!** Best way for you to stay on track with daily and monthly schedules!  We can communicate through it, you can easily see your orders, track your intake, and it syncs with FitBit.

Info to read on customizing Shake Days to your body:  [**http://www.isagenixhealth.net**](http://www.isagenixhealth.net/customize-shake-day/)[**/customize-shake-day/**](http://t.sidekickopen68.com/e1t/c/5/f18dQhb0S7lC8dDMPbW2n0x6l2B9nMJW7t5XZs4Ws1MlN8p_bqYd0vQdW5vMqt056dN10f2LlvlR02?t=http%3A%2F%2Fwww.isagenixhealth.net%2Fcustomize-shake-day%2F&si=5103578700840960&pi=d622fcef-8f12-40d1-9e45-a9f724b564dc)

   [Welcome page from Isagenix!](https://www.isagenix.com/en-US/welcome?_ga=2.122913602.870930780.1534183105-138613029.1532388758)

**2.  NOW:**  **Prepare for your success!**

**A.  Prior to us chatting, listen to the following Product Review recording with MANY TIPS on your schedule!  And save for future reference**

[**https://www.podomatic.com/podc**](https://www.podomatic.com/podcasts/teamachored/episodes/2016-10-19T15_44_58-07_00)[**asts/teamachored/episodes/2016-10-19T15\_44\_58-07\_00**](http://t.sidekickopen68.com/e1t/c/5/f18dQhb0S7lC8dDMPbW2n0x6l2B9nMJW7t5XZs4Ws1MlN8p_bqYd0vQdW5vMqt056dN10f2LlvlR02?t=https%3A%2F%2Fwww.podomatic.com%2Fpodcasts%2Fteamachored%2Fepisodes%2F2016-10-19T15_44_58-07_00&si=5103578700840960&pi=d622fcef-8f12-40d1-9e45-a9f724b564dc)

**B. List your 3-5 specific health & fitness goals. Write them down as part of your commitment to invest in a healthier you, and please share them with me via text or our next call to I may better support you.**

* TOP 5 GOALS NOW:
* 30 Day Goals:
* 60 Day Goal:
* 90 Day Goal:

**C. Check out the Team website -**[**www.isateam.info**](http://www.isateam.info/)**.   Go to the "NEW CLEANSERS" and review the schedule information!  PRINT THE SHAKE & CLEANSE SCHEDULES.**

3. **NOW**:  Save the photo images to a folder on your PHONE called Isagenix - these would be the photos I texted you - for quick reference!

4.  **WHEN YOUR BOX ARRIVES:  Text me and schedule your one-on-one welcome call so I may share success tips and account benefits with you!**

5**.** **1st DAY OF USING THE PRODUCTS:** **First thing in the morning, take your “before” pictures and timestamp them.** (\***Download the free app**“Timestamp” to do this easily.)

Wear shorts/yoga pants and sports bra or something that shows your image.  Using the Timestamp app, take a FRONT, BACK, SIDE view photos.

This is for you AND to be entered in your personal Isabody Challenge, and you will be AMAZED at the visual progress you make each week.

6.  **1st DAY OF USING THE PRODUCTS: In the morning, take your measurements.** \*\*THIS IS VERY IMPORTANT - PLEASE DO NOT SKIP THIS STEP.

The scale only tells us so much and the quality protein we're consuming with the products creates lean muscle, so measurements are an important element to tracking your success!

Here is the Measurement Guide: [MEASUREMENT GUIDE CLICK HERE](http://t.sidekickopen04.com/e1t/c/5/f18dQhb0S7lC8dDMPbW2n0x6l2B9nMJW7t5XZs4Ws1MlN8p_bqYd0vQdW5vMqt056dN10f2LlvlR02?t=http%3A%2F%2Fmedia01.isagenix.com%2Fcorporate%2Fww%2FPDFs%2FTrackYourProgess.pdf&si=5103578700840960&pi=93853675-c2c8-437f-f94a-2e1a107e9ba3)

Here is a visual regarding exactly where to measure:  [CHART CLICK HERE](http://t.sidekickopen04.com/e1t/c/5/f18dQhb0S7lC8dDMPbW2n0x6l2B9nMJW7t5XZs4Ws1MlN8p_bqYd0vQdW5vMqt056dN10f2LlvlR02?t=https%3A%2F%2Fwww.google.com%2Fsearch%3Fq%3Disagenix%2Bmeasurement%2Bguide%26sa%3DX%26espv%3D2%26biw%3D1584%26bih%3D890%26tbm%3Disch%26imgil%3DENWkFE3DBR_9HM%25253A%25253BVOnOXgjt5nl1IM%25253Bhttps%2525253A%2525252F%2525252Fwww.pinterest.com%2525252Fpin%2525252F4644405840528783%2525252F%26source%3Diu%26pf%3Dm%26fir%3DENWkFE3DBR_9HM%25253A%25252CVOnOXgjt5nl1IM%25252C_%26usg%3D__vDhVkfxvKLO8I0iJsNnpokqT1BU%253D%26ved%3D0ahUKEwi6gonM8sXKAhVS5WMKHQUDDuQQyjcIKA%26ei%3DA5KmVvr0L9LKjwOFhrigDg%23imgrc%3DENWkFE3DBR_9HM%253A&si=5103578700840960&pi=93853675-c2c8-437f-f94a-2e1a107e9ba3)

\*SCHEDULE MEASUREMENTS FOR WEEKLY OR BI-WEEKLY TO HELP GAUGE PROGRESS!

7.  **1st WEEK OF USING THE PRODUCTS:** **Sign up for your IsaBody Challenge in your account!**

All you have to do is submit your weight, Timestamp photos, and get started!  You'll write a short essay at the end of your challenge about your story.  And you could win tons of money, prizes, a trip up to $25,000 cash for the grand prize each contest, with EVERYONE who completes each personal challenge receiving a $200 coupon for free products!!  [https://backoffice.isagenix.com/IsaBody/StartChallen](https://backoffice.isagenix.com/IsaBody/StartChallenge)[ge](http://t.sidekickopen68.com/e1t/c/5/f18dQhb0S7lC8dDMPbW2n0x6l2B9nMJW7t5XZs4Ws1MlN8p_bqYd0vQdW5vMqt056dN10f2LlvlR02?t=https%3A%2F%2Fbackoffice.isagenix.com%2FIsaBody%2FStartChallenge&si=5103578700840960&pi=d622fcef-8f12-40d1-9e45-a9f724b564dc)

**8. 1st MONTH OF USING THE PRODUCTS:**Wellness is very much about Mindset growth and daily accountability too so utilize the resources available to you.

**Sign up for "Healthy, Mind & Body" program for greater success with your transformation.**

The program can be started and accessed through your account.  It is 60 days of 10 minutes focused on YOU - including supportive videos and short readings combined with daily journaling on health, wellness, fitness and some supportive exercises. This REALLY HELPS YOUR BELIEF IN YOU and has proven results to help build long-lasting healthy habits and help you grow each time you utilize the program!   Upon completion, you receive a product coupon!

9. **ONGOING:** **Use the DECLARE IT team page on FB for tips, workouts & recipes each week.  AND USE the TEAM ENERGIZE and TEAM DECLARE calls for support on your**

**health journey and to learn more about sharing and how to handle referrals when asked what you're doing!  (Weekly calls  Monday and Tuesday - check FB or with sponsor for call schedule)**

10. **Who are the three or four people who would for sure do this with you??**

Studies show that we have best results making a lifestyle shift when we have accountability partners.  When people show interest or you begin to share how you're feeling, let me know and I'll provide you with the appropriate and easy to use information to share with them.   Who are your two (2) accountability partners?

Cheers to your best life now!!

Lisa