



CONGRATULATIONS ON BECOMING A TEAM LEADER!

We are excited and can't wait to watch your team "Shrink Their Body. Grow Their Business." Below are suggestions to help you get started, but remember, this is YOUR team, YOUR ideas and YOUR guidelines. Be creative!

TEAM MEMBERS

Approximately 10 Distributors per team

TIME COMMITMENT

12 weeks

LEADER CONFERENCE CALL

Participate in a weekly conference call hosted by Dr. Hall or another guest speaker. The structure of this call will be health topics, testimonials, challenges, motivational tips and recommendations for meal, snack, exercise, behavioral tips, etc.

TEAM CONFERENCE CALL

Host a weekly 30-minute call for support, education and to answer any team member's questions. A **FREE** conference call phone number may be obtained by going to:

www.FreeConferenceCalling.com

INCENTIVES

Think about the members on your team. What motivates them? What encourages them? One team is asking each Team Member to give \$10. The Team Member who loses the highest percentage wins. The "Healthy Habits Tracker" form is a great way to determine winners!

DOWNLOADS

You may obtain FREE forms, flyers and other information by going to:

www.BUILDINGtheBIZ.com