



## TEAM MEMBER GUIDELINES

### TIME COMMITMENT

- 12 Weeks

### DAILY COMMITMENT

- Drink plenty of water (1/2 to 1 ounce per pound of your current body weight).
- Get enough quality sleep (minimum of 7-8 hours for weight loss).
- Increase physical activity (20 minutes a day).
- Eat two to three snacks daily.
- Don't weigh yourself daily.
- Complete your "Weekly Tracking Sheet." Writing down everything you eat and drink helps prevent "food amnesia" and has been shown to improve weight control efforts.
- Complete your "Healthy Habits Tracker."

### WEEKLY COMMITMENT

- Weigh yourself every Monday morning at the same time, wearing the same clothes and using the same scale.
- Fax or email the completed "Weekly Tracking Sheet" to your Team Leader by 12:00 noon each Monday.
- Commit to being on your Team Leader's weekly conference call. This call is for YOU. It is accountability, support, education, and time to have your questions answered. The Team Leader and other Team Members rely on you as well, so it is vital to be on these weekly calls. If you cannot commit to being on these calls or know you will miss more than two, we suggest you wait to join a team.

### EVERY FOUR WEEK COMMITMENT

- Fax or email the completed "Healthy Habits Tracker" to your Team Leader.

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***GET STARTED TODAY!***

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SUBMIT THE FOLLOWING TO YOUR TEAM LEADER:

Team Member Commitment Form

Team Member Profile Form

Full-body picture (front and side views)

NOTE:

You can obtain all the forms from your Team Leader  
or by visiting [www.BUILDINGtheBIZ.com](http://www.BUILDINGtheBIZ.com)