

30 Day Coaching Guide

Commitment by Consultant:

1. I have completed the program and have read all the posts (or I am currently in the program).
2. I will only add clients to who have purchased the complete Nutrition ASVP & are "ALL IN".
3. I will coach my clients according to the steps listed below on the tracker.
4. I will participate in the Facebook group (Healthy & Happy – The Arbonne Way), help answer questions and be encouraging to others.

PREP WEEK:

- Place client order of Nutrition ASVP.
- Give client "Checklist".
- Enter client's name and start date in your Tracker.
- Get a referral. TEXT: "Can you think of anyone that could partner up with you?" (Wait for an answer) "It's great to have an accountability partner."
- Add client to 'Healthy & Happy – The Arbonne Way' Facebook group
- Give them 30 day Client Packet

Friday Before Start Day:

- Assure that client has read all of the Getting Started information & found the weekly meal plans.
- Make sure client has logged into the Facebook group & encourage them to check in regularly during their 30 days.

Weekend Before Start Day:

- CALL THEM Saturday or Sunday before they start
- Make sure they have their products and their groceries.
- Go over a typical day in detail! (Use A SAMPLE DAY for reference)
- Remind them to weigh, measure and take Before photo Monday morning.
- Answer any questions
- TEXT: You may want to post on Facebook that you are starting a Clean Eating program on Monday. It's really fun for people to root you on and it really helps keep you accountable too. Make sure to tag me.

WEEK ONE:

Day 1

- Enter starting weight measurements in the tracker.
TEXT 1: Happy Day !! You've got this!!! I'm so proud of you for saying YES to your health! Any questions for me? Keep close track today of what you eat and drink and let me know at the end of the day so we can make sure you're on the right path with no misunderstandings. :) I'm here for you every step of the way and I believe in YOU!!!!

At the end of Day 1 after dinner –

TEXT 2: Congrats on surviving Day 1!!!! How are you feeling? The first three days are the hardest for me. Hang in there!!! Your body is going to thank you BIG TIME! Any ingredients you have questions about? How much did you snack today? What did you try for dinner? What all did you mix in your shakes? I just want to make sure you're on the right track and confident on how to proceed. :)

Day 2

TEXT: Don't forget, detox tea and fizz sticks are your best friends, especially these next two days. Your energy may be down without them. That's normal because your body is releasing toxins and flushing them out the more you drink. You're doing great!!! And don't be afraid to bulk up your shakes to make them more filling! Almond butter, spinach, coconut oil, avocado, etc. Frozen fruit is great too!

Day 3

TEXT: Day 3! Almost past the worst of it. You've got this!!! What's been your favorite shake so far? I'd also encourage you to post on Facebook that you are doing this so maybe you can encourage someone out there to take the step to get healthier too. You can even post pictures of your fun recipes or shakes. Tag me so I can see too.

Day 4

TEXT: Happy day 4! Today should be a big turning point for you :) Are you eating every 3- 3 1/2 hours? Are you having a light snack in between meals? How's your hunger? Do you feel satisfied?

Day 5

TEXT: What's for dinner? Any questions about how to navigate your first weekend? :) Preparation is key, so if you are going to be around some not so friendly food; eat before you go, bring some snacks with you and fill up a big cup of strawberry/lemon water. Add a Pomegranate fizz-yummy! I can't wait to hear your results on Monday.

Day 7

TEXT: How did your first weekend go?

WEEK TWO:

Day 8

- Enter weight (or difference) in tracker.

TEXT: Congrats on starting Week 2!!! This week, you will start the 7 day Body Cleanse. Pick 2 days this week and drink one cleanse each day. The packet is poured into 32 ounces of water, you can add a fizz stick and some lemon if needed. Make sure you drink an additional 32 ounces of H₂O. Easy to remember (2 packets in week 2, 3 in week 3, the last 2 in week 4).

Day 11

TEXT: Wow, you are having great results. You should post your testimonial on Facebook and tag me. You could really help others get encouraged to get healthier and do it too!

OR

TEXT: Since you are already referring people, we should chat about upgrading you to a Consultant. This way, you can get paid on your referrals. Have you ever thought about doing something like this?

Day 14

TEXT: Congrats on hitting the halfway mark!! I would love to hear your favorite part of this journey. Has been the education piece? The simplicity? Or maybe, the results

WEEK THREE:

Day 15

- Enter weight (or difference in tracker)

TEXT: This week: 3 packets of the 7-day cleanse. Any questions? Remember that slow in = slow out with the cleanse. ;)

Day 18

TEXT: What's been your big "aha" so far? Any positive comments from friends or family? Has anyone showed an interest in what you are doing?

Day 20

TEXT: Super proud of you! This program takes discipline and commitment. It's all about progress and what we have learned moving forward. What are 2 NEW ideas that you will incorporate from this point forward?

WEEK FOUR:

Day 22

- Enter weight (or difference in tracker)

TEXT: You are probably starting to get low on your products. You get FREE shipping on your next purchase of \$150 or more. Will you be continuing on for another month or going into 80/20 mode? Most people get another Nutrition Value Pack either way because it's 40% off plus free shipping and most people continue to use the products. I use the protein powder for the yummy protein bars. Or, if you want to try some other items, we can do that too!

- If they are going on 80/20, YOU need to help them reintegrateBe sure to check out the reintegration files on the FB page. They will help you a lot! We want to slowly bring those acidic, allergenic, and addictive things back in ONE AT A TIME to find out if they have foods that don't serve them.
- Ensure your client knows their ID# an PIN and how to place an order.

Day 26

TEXT: Just 5 more days! How are you feeling? I would love some feedback on your favorite recipes.

Day 28:

- Give an RE9 sample, #arbonne30 with a Thank You card (if in town, I hand deliver)

TEXT: You've got a sample of this heading your way!

Day 30:

TEXT: Last day!! You got this!! I am so so proud of you!!!! What's been your biggest win?

IMMEDIATELY POST PROGRAM:

- Ensure client takes their final measurements and "after" photo. Ask if they are willing to share on Facebook? Get testimony.
- Ask for referrals OR ask if they could see themselves as a Healthy Living Coach. Invite to DA.

TWO WEEKS POST PROGRAM:

TEXT: Had you on my mind and just wanted to touch base and see how you're feeling. Anything I can do to better serve you.