

Add these additions to your KEYBOARD:

Preferred Member Follow Up Pre Day 1- Day 1,4,7,14,19,30,60

Get a new NOTEBOOK planner with the calendar in it at a glance.

Click here [Planner on AMAZON for Followup](#)

****DO NOT PASTE THE RED HIGHLIGHTED VERBIAGE INTO YOUR TEXT TO CLIENT - THIS IS SO YOU CAN ASK THESE QUESTIONS***

Invite to 24healthhub

Click here to log into our client portal! Everything in one place for you to be successful!

www.24healthHub.com

-Click on START HERE and select WELCOME VIDEO

Watch Video & scroll down how to make shake/tea/aloe click NEXT STEP for 3 day KICKOFF meal plan!

-Browse this site its for you! (Meal prep ideas, recipes, workouts, new shake recipes and more)

-Stick with your 3 day kickoff meal plan for the first 3 days then click DAY 4 & BEYOND for your continued nutrition plan

Day 1:

How did you make your shake?

How would you rate your your energy level? On a scale of 1-10. 1 being I need a nap - 10 being I feel incredible!

How many times a day are you taking your tablets or drink your tea /Aloe?

****Review their original goals, and encourage them / send motivational youtube clip or picture**

Day 4:

How do you feel today compared to before you started?

What is your favorite thing so far about starting your meal plan & products?

Congratulate them on their results and give them a shout out in chat / instagram

****Get day 4 results + Send updated meal plan on day 4 / Offer a results story**

Day 7:

How is your energy level? On a scale of 1-10.

What your favorite snack so far?!

Whats new? Do you have any questions for me? Anything i can help you with?

Remind them to weigh in weekly on (M or W)

How are your clothes fitting!?

***share your fav tea / aloe combo**

Day 14:

Who has started to notice a difference in you since starting?!

Ask how much weight/inches they have lost

Any questions about your snacks / meals? Questions about products or exercising?!

****Introduce a targeted product specific to their needs**

CALL them and review their GOALS SHEET and affirm they will hit their goal. SHARE your full results & Income story!

Explain how to send you referrals when people ask how youre losing weight / have so much energy

Day 19:

It's been just over 2 weeks and you will be running out of products soon! It's important you stay consistent & don't run out. You should be close to needing to re order in your site. LMK if you have any questions about products if you haven't already ordered!

What are your favorite 2 GO TO Snack options

As you add new products in send me a picture once you get them so I can help you know how to take them!

****Introduce a new shake flavor**

Day 30:

About 30 days in!

Time to update pictures weight/how many inches you've lost so far! Let's create a before and after picture!

**** Ask for referrals (names and numbers)**

Review basics (trouble shoot) if they are not meeting goals

INVITE to join next challenge for continued support

Do a shoutout on INSTA sharing their results OR simply a picture of them sharing how proud you are of them!

AFTER DAY 30:

Set an expectation they need to check in with you each week on (M or W) sending updated weight or AB picture if at goal weight! Tell clients to put a ongoing weekly reminder in their phone!

***ADD this PM name to your classroom book or excel sheet and put an X next to their name each week that you had contact with them**

Day 60:

About 60 days in! How's your energy level?

Time to update pictures weight/how many inches you've lost so far! Let's create a before and after picture!

CONTINUED COACHING:

**** Ask for referrals (names and numbers)**

Review basics (trouble shoot) if they are not meeting goals

****Follow up once a week on energy level, appetite, and weight-management goals**

INVITE to join next challenge for continued support