

Commit2Fit *Host's Sheet*

- ✓ Set your Kick-Off Date ASAP and PROMOTE through verbal invitations and promotional material. A VERBAL invite, plus a Spark and Impact Magazine is the most effective.

Before Your Kick-Off Meeting:

1. Print and review both Parts 1 and 2 of the Host's Guide. Print all pages for each of your guests as a "Participant Packet." The only page they won't need is this one. All resources can be found at www.bigbelief.com (pass code: spark)
2. Provide a pen for each person and at least one measuring tape for every two people. Provide a scale that you will use each week. Obviously, measuring is optional, but encourage people to do inches, at minimum.
3. Get a large poster board and a sharpie marker. (You'll find out what to do with this poster board on the Kick-Off Webinar (or DVD) that you play at your meeting.)
4. Have enough Spark on hand for you and your guests. Make the servings 1.5 scoops per guest OR 1 spark plus 1-2 ThermoPlus capsules (this is my personal favorite!)
5. Have music in the "background" to play as guests arrive and get settled. (A silent room can feel boring, so liven it up with some low to moderate volume of music.)
6. Have a DVD player and AdvoCare DVD on hand. Before guests arrive, set the DVD to the main menu, so it's ready to go.
7. If possible, have the Commit2Fit product package on-hand as a visual.
9. If possible, have products available for purchase. Many people get excited and want their products "now." (The first ten days will be the Herbal Cleanse, Meal Replacement Shakes, Spark, and Catalyst. These would be great to have on hand.)

During Your Kick-Off Meeting:

1. Serve Spark as people arrive. Allow 10 minutes maximum for "mingling," but no longer.
2. Gather everyone together, welcome them with enthusiasm, and hand out the Participant Packets with a pen. Ask them to fill out the "Profile" sheet. Give them 2 to 3 minutes.
3. To introduce the program, explain that the foundation of Commit2Fit is the AdvoCare products (nutritional support) so you are going to show them the safety (one doctor clip from DVD) and endorsements (one DVD clip.) Play the DVD clips right away, then immediately transition into sharing product stories (people in the room, a weight loss DVD clip, etc.)
4. Play the "Introduction" on the C2F DVD
5. Ask, "Who's in?" Next, complete your poster board assignment based on who says "yes." For those who don't want to join, tell them they are welcome to stay and listen or touch bases with you later.
6. Play the "Life Habits 1 & 2" on the DVD or Just Life Habit 1 if you are meeting every week ~ be sure everyone understands these and how to take their products. Recommendation: I wouldn't show them how to access the meetings on-line until AFTER the end of the 8 weeks. We have had lots of "peekers" who jump ahead...sort of ruining the idea of only adding one habit per week.
8. Set a date to launch your "first day" of your 8 weeks (beginning "tomorrow" is ideal...that's why having product on hand is so helpful. This will be the day you will begin taking your Herbal Cleanse (and other products) and begin "Life Habit #1."
9. As a group, choose a consistent day, time, and place to meet once every two weeks (or you can meet weekly and just watch ONE week's habit from the DVD.)
10. Take measurements, exchange phone numbers and collect profiles.
11. Help all participants place their orders (retail or wholesale sign-ups.) Personally, if someone signs up and orders product, I will allow them a "loan" on my product, if I have the first 10 day set on hand. Then, I have them ship their product to me that night, so that my product is replenished. If they have extra product in the order, I make sure to get that to them right away after it arrives.
12. Decide on alternative group activities (i.e. exercise, other mixers!!)