

Commit2Fit *Host's Guide*

- ✓ 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.
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 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.
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 computer or laptop available and visible to show the "Kick-Off Webinar" to your guests. This will require internet access and a computer with Microsoft Windows 95 or greater.
7. 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.
8. If possible, have the Commit2Fit products on-hand as a visual. This is important.
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 DVD clip, etc.)
4. Play the "**Kick-Off**" Webinar available at www.bigbelief.com (Pass code: spark) **This is an archived Webinar, not a "live" meeting.**
6. 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.
7. Play the "**Life Habits 1 & 2**" Webinar ~ be sure everyone understands these and how to take their products. Show them how to access these webinars if they need a "refresher" between meetings.
8. Set a date to launch your "first day" during the first week of January. 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. Your next meeting will be around DAY 14, after two weeks of Commit2Fit.
10. Take measurements, exchange phone numbers and collect profiles.
11. Help all participants place their orders (retail or wholesale sign-ups.)
12. Decide on alternative group activities (ex: exercise, other mixers!!)

(For 2006: Free shipping is available through December 31st, for orders of \$500 or more!)

For the January 2007 Launch Only:

Team = 6+ people and will receive shaker bottles (If this is you, let us know at commit2fithost@hotmail.com.)
***If you have less than 6 and want to form a "team" ask the group to think of another buddy and host a "Kick-Off #2" before you launch your first day!

Commit2Fit Profile

Please answer the following questions so that we can customize to your needs.

Please PRINT:

Name _____
 Address _____
 City/State _____ Zip _____
 Home Phone _____ Cell Phone _____
 Email _____
 Do you prefer to be contacted by phone or email? _____

Eat breakfast?	Y N	Get an afternoon "low"?	Y N
Drink 8 - 10 cups water?	Y N	Tired in the early evening?	Y N
Eat "on the go" often?	Y N	Have dieted on and off?	Y N
Skip meals frequently?	Y N	Eat for comfort or stress?	Y N
Get "munchies" at night?	Y N	Feel "too full" after meals?	Y N
Day or night eater?	D N	Wake up hungry?	Y N
Crave sweets/sugars?	Y N	Familiar w/food categories?	Y N
Crave Carbohydrates?	Y N	Use tobacco products?	Y N
Crave fat?	Y N	Move waste daily?	Y N
Fight fatigue all day?	Y N	Exercise at least 3x's per/wk?	Y N
Drink coffee, tea or soda?	Y N	Committed to living healthy?	Y N

My favorite food(s) that I consider to be "unhealthy" _____

My goals are to: _____

	Neck	L.Arm	R.Arm.	Chest	Waist	Hips	L.Thigh	R.Thigh	L.Calf	R.Calf	Lbs.
KickOff											
Mtg 2											
Mtg 3											
Mtg 4											
Final											

If you are under a doctor's care for any medically related issue, please consult with your doctor before changing diet, exercise, or supplement program. We will be happy to provide your doctor with supplement information. Please adhere to all product labels.

Commit2Fit Products

Product	Retail Price	Qty	Extended Price
Herbal Cleanse	\$29.95	1	\$29.95
Spark	\$19.95	1	\$19.95
Meal Replacement Shakes	\$29.95	1	\$29.95
Catalyst	\$29.95	2	\$59.90
Metabolic Nutrition System Kit	\$89.95	3	\$269.85
ThermoPlus	\$29.95	1	\$29.95
Meal Replacement Bars	\$14.95	1	\$14.95
Heart Source Bars	\$29.95	1	\$29.95
Apple Cinnamon Breakfast Bars	\$24.95	1	\$24.95
Fruit and Fiber Bars	\$24.95	1	\$24.95
Protein Plus Bars	\$14.95	1	\$14.95
Lemon Crunch Bars	\$24.95	1	\$24.95
		Subtotal	\$574.25
		+ Tax	+
		Shipping	
Distributor Kit (Discount)	\$50	1	\$50
		25% Discount	- \$143.56
		Discountable Total	\$430.69
			+ sales tax
Note: Do not take the MNS or ThermoPlus during the Cleansing Phase.		Actual Order + shipping/tax	

The recommended package (above) provides a full array of vitamins and minerals and is designed to give you the best results possible, PLUS:

1. Your breakfast every day for 8 weeks (24 grams of protein!)
2. Your energy Snack every day for 8 weeks (Spark)
3. A "Commit2Fit Mini Meal" every day for 8 weeks (protein bars)

\$7.69 per day with a 25% discount!

All group support and resources are FREE

Payment

Type of Card
Name on the Card
Billing Address

Card #
Expiration Date
Total Charge:
Shipping Address

Sign X _____

New Distributor Enrollment (\$50)

Name
Phone
Birth Date
Social Security Number
Address

County

Sign X _____