



Sponsor Contact Info:

## NEW MEMBER ACTION STEPS

1. Complete New Member Launch
2. Make a list of all your contacts on the 100+ Contact Name List. Then, in box to left of each name, mark:
  - A – if local and close relationship
  - B – if not local or friendly but not close or
  - C – not local or just acquaintance
3. Learn “The Easy Invite” and make some invitations with your “A”s
4. Start drinking 8 oz. of Body Balance every morning (put in fridge, review healing crisis)
5. Complete Getting Started Training
  - Review Team-Empower New Member Guide with online training modules and order Business Tools at [www.Team-Empower.com](http://www.Team-Empower.com)
  - Complete materials in Welcome Pack with product shipment, review with Sponsor

*\* If your schedule does not permit you to get trained within 48 hours – rearrange it! To empower your life and live your dreams we MUST get you started right.*

6. Do **NOT** talk to anyone about this until you get trained! (Beware the ‘Doubting Spouse’)



## HOW TO TAKE BODY BALANCE



- Drink Body Balance **every day!**
  - Put a cup out to remind you (near your toothbrush or morning mug)
  - If you forget one day, double up the next
  - Pay attention to how you feel, notice any changes
- The number of bottles you order for the month = the number of ounces you drink each day
  - 8 bottles = 8 ounces/day = 1 cup
  - 4 bottles = 4 ounces/day = ½ cup
  - 2 bottles = 2 ounces/day = ¼ cup
- When you open a bottle, keep it in the fridge
  - Opened, Body Balance is good for 1 month in fridge
  - Unopened bottles are good for 1 year
  - Unopened bottles do not need to be in fridge
- Everyone who takes Body Balance gets results, not everyone will feel it. Pay attention to how you feel, your initial results may be subtle. Even if you don't feel a big ‘wow’ difference, it is still working! (You don't feel heart disease, osteoporosis or high blood pressure but most Americans will develop one of them too.)
- **The best results are achieved when Body Balance is taken consistently over time – simply put, DRINK IT EVERYDAY!**

*Special note – Healing Crisis: We believe when you give your body what it needs, the body will heal itself. Body Balance helps your body cleanse and detoxify so in the beginning, some people may experience detox symptoms as the body begins to cleanse. Some people might experience headaches, fatigue, diarrhea or even flu-like symptoms. Usually the symptoms pass in 1-3 days. Be aware, Body Balance is not making you sick it is helping your body become well. If you experience these symptoms increase your water intake, get more rest and if the symptoms are too uncomfortable, dial back the amount of Body Balance until the symptoms pass, then resume your regular amount. You can read much more on what is a healing crisis on the internet.*