Healthy Living Coaching

**Follow up is key!!**

1. When ordered is placed, schedule a time for a call to go over a few tips.
2. Call on the scheduled time. Provide the following tips. Weigh and take measurements, tell them about the Experience the Lifestyle FB page and where the recipes are located. Explain how to search for recipes. How to find Smores on FB page with recipes. Email them or text them the 30 Day Welcome Smore.

**Other Tips**

* Green Gut Glow instructions (Skin Elixir Sticks, Be Well Super Food Greens, Gut Health Sticks) - start your day. This will alkalize and nourish body, skin and help reset your gut.
* Replace 2 meals with protein shake – add a healthy fat to each shake
* Fruit is OK but stick to berries, lemon, lime, green apples.
* Add fiber to ONE shake a day starting with 1/4 scoop and working your way up
* Pick out a few meals, favorite shake recipes
* Don’t forget your fizz and detox tea each day, can add fizz to the tea for a coffee replacement
* Be sure to drink plenty of water.

**Text Day 1**

Good luck today! You can do this and achieve great results! Please reach out if you have any questions or need support.

**Text Day 3 (optional)**

You may find that its getting hard! About now is when our bodies can experience withdrawal symptoms from sugar and caffeine. This will pass! Drink plenty of water and take advantage of those Fizz sticks! Stay the course, it is so worth. You are worth it!!

**Day 10 or 11 (Text)**

Good morning! You will be starting the Body Cleanse next week! When would you have a few minutes to chat to go over how to incorporate it and what to expect?

**Day 14 (or just before they start week 3, Text)**

**Phone conversation**

* How are you loving everything so far?
* Time to start the cleanse – you won’t need a seatbelt for your toilet!
* It’s delicious, lemon ginger flavor.
* How to use (Mix with 4-8oz of warm water to let powder dissolve and then add additional water and ice to total 32oz. Drink over 4-6 hours. Drink your additional water throughout day and follow everything else in the plan as usual.
* **IMPORTANT VERBIAGE –** You are probably starting to get low on a few of your favorite things and will want to replenish. Before you re-order anything, I want to make sure you know all of your options and all the hacks to get the best value. When would you have a few minutes for me to chat so we can go over them?

The goal of this next appt is to tell them about the referral program, the opportunity, and help them place their reorder. This is a great time to move them into skincare and other ranges.

If you’re new, ask your sponsor to help you with this.

**Day 26**

Good morning! Last few days can be the hardest but you are almost at the finish line! I'm excited to hear about your final results! Keep it up! TIP: do not go food crazy on day 31. YOU SHOULD BE PROUD OF YOURSELF!

**Day 30 (Insert congrats photo, gif, etc)**

Congratulations! You are officially done with your first 30 days! Let’s schedule a time to chat, I would love to hear your final results, how you feel and what your biggest takeaways have been.

**On this call - you can offer to s**end them some samples of skin care products as a thank you, help them reorder if they haven’t already, remind them of the hosting opportunities.