

PAYING IT FORWARD CHECKLIST

	Daily/weekly/ Monthly	Task
<input type="checkbox"/>	Daily	DRINK YOUR SHAKEOLOGY
<input type="checkbox"/>	Daily	PUSH PLAY & WORKOUT
<input type="checkbox"/>	Daily	READ OR LISTEN TO 10 MINUTES OF PERSONAL DEVELOPMENT
<input type="checkbox"/>	Daily	CHECK INTO CHALLENGE GROUP
<input type="checkbox"/>	Daily	COMMENT & SUPPORT OTHERS POSTS IN CHALLENGE GROUP
<input type="checkbox"/>	Daily	CHECK INTO TEAM PAGE & BE PART OF THE COMMUNITY. COMMENT & SUPPORT OTHERS IN OUR FITNESS FAMILY
<input type="checkbox"/>	Daily	ADD A NEW FRIEND(S) ON FACEBOOK
<input type="checkbox"/>	Daily	CONNECT WITH FRIENDS (MESSAGE, COMMENT ON POSTS. COMPLIMENT THEM, SEND THEM SOMETHING THAT MADE YOU THINK OF THEM (ARTICLE, FUNNY PICTURE ETC.))
<input type="checkbox"/>	Daily	MAKE A FACEBOOK POST SHARING YOUR JOURNEY (WORKOUT, SHAKEO, HEALTHY MEAL ETC.)
<input type="checkbox"/>	Daily-Weekly	INVITE PEOPLE TO JOIN YOUR JOURNEY IN A CHALLENGE GROUP WITH YOU & FOLLOW UP WITH THOSE YOU PREVIOUSLY INVITED
<input type="checkbox"/>	Optional	MAKE ADDITIONAL FACEBOOK POSTS IF DESIRED (LIFESTYLE, INSPIRATION, INTERESTS, VALUE)
<input type="checkbox"/>	Weekly	STAY CONNECTED: TEAM CALLS
<input type="checkbox"/>	Weekly	MEAL PLAN, GROCERY SHOP, MEAL PREP
<input type="checkbox"/>	Weekly	SHARE YOUR TRANSFORMATION PROGRESS
<input type="checkbox"/>	Monthly	GET 1+ PERSON STARTED WITH THE TOOLS OF SUCCESS (CHALLENGE PACK, SHAKEOLOGY, WORKOUT PROGRAMS)
<input type="checkbox"/>	Monthly	GET YOUR CHALLENGER(S) RESULTS THROUGH CHALLENGE GROUPS & ACCOUNTABILITY

