

A decorative graphic on the left side of the image, consisting of white lines and circles on a blue background, resembling a circuit board or a network diagram. The lines are vertical and horizontal, with small circles at various points, suggesting nodes or connections in a network.

CONTACTING PEOPLE YOU
DON'T KNOW TO JOIN THE
ONLINE CHALLENGE!

METHODS TO GET CHALLENGERS

- Facebook post
- Instagram post
- Posting in Facebook groups
- Word of mouth / referrals
- Messaging people you don't know

FACEBOOK / INSTAGRAM POST

- we have provided some great PDF flyers that you can post to your social media accounts. (PDFS LOCATED IN WEIGHT LOSS CHALLENGE FOLDER)
 - When people like or comment on your post be sure to message them asking them if they are interested in joining the challenge! If they say yes, send them the challenge pitch video link! We call this chasing likes and comments from the post!
- Post stories once a day about joining the challenge. Let people know about the challenge and that they need to direct message you or fb message you if they are interested! (Then send them the pitch video)

POSTING IN FACEBOOK GROUPS

- This is a great way to get more customers that you don't know to join the challenge! We recommend you add yourself in 5 to 10 NEW groups a day. You can join private and public groups. Look for groups you can relate to so you can be trusted in the group. Also Facebook gives you the ability to join local groups in your city or towns near by. The goal is to post in the group right away. Something to post would be the PDF challenge flyers, with a caption saying message me to join. Once again anyone who likes or comments on the post you then send them a message with the challenge pitch video to explain it! Some group examples are work from home moms, stay at home moms, new moms, healthy recipes, nutrition. There are so many groups and each city has different ones. Also a good concept is to re post in the old groups you posted in once a week.
- post in 5 to 10 new groups a day
- Post once a week in the old groups

WORD OF MOUTH/ REFERRALS

- One of the best ways to get more customers is to ask your current customers to ask their friends to join the challenge with them! I love it when my customer brings friends into the challenge! This will happen if you really take care of your customers! Also don't be afraid to talk to people about joining the challenge that you meet at the gym, grocery store, nail salon etc.....

This challenge is fun and exciting tell everyone!

MESSAGING PEOPLE YOU DON'T KNOW!

- A great way to get challengers is to message people you don't know! You can do this on Instagram or on Facebook. A great rule of thumb for this to work is to message 50 to 100 new people every day. When you message them you need to tell them something that you like about their profile to create the conversation. For example, I love your dress where did you get it? Once you have a conversation going you can let them know that you have an awesome online fit challenge that offers cash prizes and awesome information in health, nutrition, and fitness. Then you send them the challenge pitch video. They will be in or out once they see the pitch video! This is a numbers game!