

# LIVE

LIFE ON YOUR TERMS!

# LOVE

WHAT YOU DO EVERY SINGLE DAY!

# LAUGH

BECAUSE LIFE IS ONE BIG PARTY!

## The Now Lifestyle MUST DO CHECKLIST for Success

Print this checklist off and then place a check or an "X" next to each task as you complete each action if you want to get up and running with the Now Lifestyle. This is a generic list without going into detail as far as what each section entails...In each of the sections you may need to watch the videos or carry out a certain task in that section for example like creating a follow up email or joining the Facebook group (The members are is always updated so this might look slightly different depending on when you downloaded it)

This is something that could take you a couple weeks! Print this out and set it right by your computer to be accountable for learning what NLS is all about and how you can develop your own skill set to help you build your business or get in better shape.

\_\_\_ Join the Now Lifestyle if you have not already (Free Trial membership level will not show all of these options, though it has many of them)

[Dashboard](#) (this is what you see when you first log in on a computer)



\_\_\_ Contact Your Coach (on the left side)

\_\_\_ Step 1 Start Here first (Watch these videos and get the guide)

\_\_\_ Welcome to Now Lifestyle

\_\_\_ Download and read the quick-start guide below this video

\_\_\_ Your Making money mindset

\_\_\_ How to follow up with your down-line

\_\_\_ Get Healthy

\_\_\_ Learn your members area

\_\_\_ Grow your business

\_\_\_ Generate Income as a reseller

# LIVE

LIFE ON YOUR TERMS!

# LOVE

WHAT YOU DO EVERY SINGLE DAY!

# LAUGH

BECAUSE LIFE IS ONE BIG PARTY!

## \_\_\_ Step 2 Mindset

- \_\_\_ Watch this first
- \_\_\_ We all have baggage
- \_\_\_ Taking Massive action
- \_\_\_ Uber ambition curse

## \_\_\_ Step 3 Getting In shape

- \_\_\_ Why 7 minutes of exercise works
- \_\_\_ 6 pack abs myth
- \_\_\_ Fiber and nutrition (\*\*One of the most important videos to watch)
- \_\_\_ Training over age 50
- \_\_\_ Men vs Woman

## \_\_\_ Step 4 Grow Your business

- \_\_\_ Our Compensation plan
- \_\_\_ Lead capture system
- \_\_\_ Autoresponder
- \_\_\_ Facebook Marketing

## \_\_\_ Step 5 Webinars and live training

- \_\_\_ Schedule

# LIVE

LIFE ON YOUR TERMS!

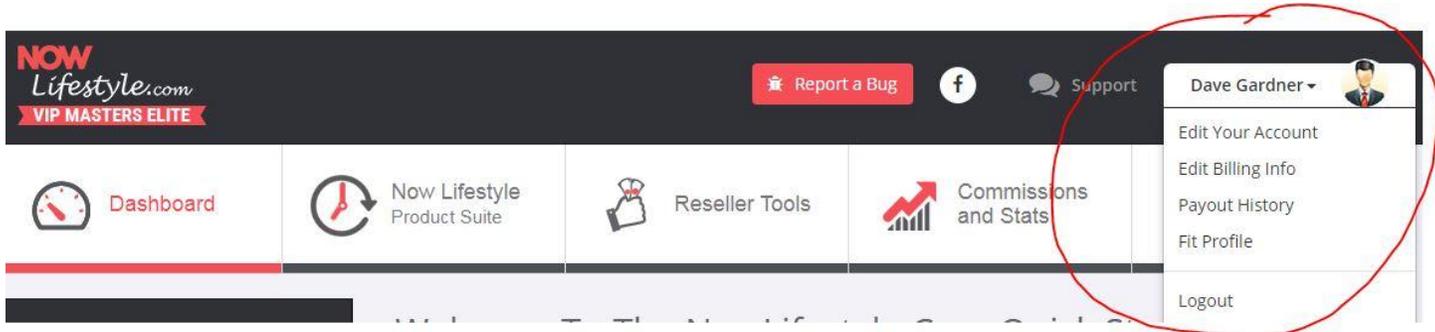
# LOVE

WHAT YOU DO EVERY SINGLE DAY!

# LAUGH

BECAUSE LIFE IS ONE BIG PARTY!

Editing Account Information (Click on YOUR NAME at the top right)



## \_\_\_ Edit Your Account

- \_\_\_ Personal Information (be sure to include your email so down line can contact you!)
- \_\_\_ Lead capture system (You must have an address recorded here to show you're real!)
- \_\_\_ Payment Information (be sure you are set up to be able to get paid)

## \_\_\_ Edit Billing Info

- \_\_\_ Billing Information (be sure all details are completely filled in to keep your membership up and running smoothly and be able to order physical products like the supplements)

## \_\_\_ Payout History

- \_\_\_ Be sure to check the little box to be able to get paid!

## Reseller Tools (This is where the marketing tools and affiliates links are!)



- \_\_\_ Promo Links/CPA Stats (watch the video on how to get your link)
- \_\_\_ Banners (if you have a blog this is great to watch to grab a banner ad)
- \_\_\_ Adcopy (see the video and then grab the swipe copy, but edit it!!!)

# LIVE

LIFE ON YOUR TERMS!

# LOVE

WHAT YOU DO EVERY SINGLE DAY!

# LAUGH

BECAUSE LIFE IS ONE BIG PARTY!

## \_\_\_ Lead Capture System (there are videos for each part here!)

- \_\_\_ Dashboard
- \_\_\_ Campaigns
  - \_\_\_ Stats
  - \_\_\_ List
- \_\_\_ Message
  - \_\_\_ Follow up
  - \_\_\_ Add Follow up
  - \_\_\_ Broadcast
  - \_\_\_ Send Broadcast
- \_\_\_ Subscribers
  - \_\_\_ Subscriber Stats
  - \_\_\_ Subscriber List
  - \_\_\_ Add Subscriber

## \_\_\_ Leaderboards

- \_\_\_ See who the leaders are on the Monthly Sales, All time sales, Weekly sales and leads

## \_\_\_ Your Business (This is where your downline is located)

- \_\_\_ Leads (Once you start building your list you will see your leads here)
- \_\_\_ Campaigns
- \_\_\_ Member Stats (here you can see who joined you today, this week, this month etc.)
- \_\_\_ Downline
  - \_\_\_ Business Downline (Watch the video to learn about the compensation plan)
  - \_\_\_ Scroll down to see the following: Your downline matrix (click the "Show full downline tree to see the whole thing)
  - \_\_\_ Scroll down even more to see your levels, original sponsor, sponsor list, direct referral list, Free affiliates and pending affiliates

# LIVE

LIFE ON YOUR TERMS!

# LOVE

WHAT YOU DO EVERY SINGLE DAY!

# LAUGH

BECAUSE LIFE IS ONE BIG PARTY!

[Now Lifestyle Product Suite](#) (This is where you will find the fitness platform and marketing tools)



## \_\_\_ Your Now Body

\_\_\_ Start Here first (after watching this, scroll below the video for the other ones)

\_\_\_ Obesity and Diabetes

\_\_\_ Men vs Woman

\_\_\_ How to warm up

\_\_\_ My Fit Profile (after watching video, scroll to the bottom to EDIT your profile)

\_\_\_ Set up your free accounts (this is where you can give away 5 memberships to the Now Body platform if you are a reseller of this product...The video show you how)

\_\_\_ Your Exercise Videos (see the 10 day cycle of videos you can follow as a guide for your 7 minute workouts: Keep in mind, they might take anywhere from 5-15 minutes actually)

\_\_\_ Day #1: Back and Biceps

\_\_\_ Day #3: Shoulders, Forearms and abs

\_\_\_ Day #5: Hamstrings and calves

\_\_\_ Day #7: Chest and Triceps

\_\_\_ Day #9: Quads

\_\_\_ Your Food

\_\_\_ Food Tracker

\_\_\_ Recipe and menu builder

## \_\_\_ Now Body Sport Supplements

\_\_\_ Order up your own supplement package today to start your health progress

# LIVE

LIFE ON YOUR TERMS!

# LOVE

WHAT YOU DO EVERY SINGLE DAY!

# LAUGH

BECAUSE LIFE IS ONE BIG PARTY!

\_\_\_ Autoresponder (separate from the Lead capture system in regards to campaign, though the purpose of the tool suite is the same)

\_\_\_ Dashboard

\_\_\_ Campaigns

\_\_\_ Stats

\_\_\_ List

\_\_\_ Add campaign

\_\_\_ Custom Fields

\_\_\_ Global Fields

\_\_\_ Automation Rules

\_\_\_ Ad tracking list

\_\_\_ Complaints

\_\_\_ Message (similar to Lead Capture system)

\_\_\_ Follow up

\_\_\_ Add Follow up

\_\_\_ Broadcast

\_\_\_ Send broadcast

\_\_\_ Opt-in message

\_\_\_ Subscribers

\_\_\_ Search subscribers

\_\_\_ Subscriber List

\_\_\_ Add Subscriber

\_\_\_ Block

\_\_\_ Forms

\_\_\_ Forms List

# LIVE

LIFE ON YOUR TERMS!

# LOVE

WHAT YOU DO EVERY SINGLE DAY!

# LAUGH

BECAUSE LIFE IS ONE BIG PARTY!

\* (Forms continued)

\_\_\_ Create form

\_\_\_ Form Wizard

\_\_\_ Import/Export

\_\_\_ Manual Import

\_\_\_ Export Subscribers

\_\_\_ Import log

[NLS University](#) (Be sure to check out this amazing upgrade offer)



Dashboard



Now Lifestyle  
Product Suite



Reseller Tools



Commissions  
and Stats



NLS  
University

\_\_\_ Email Marketing Mastery

\_\_\_ Now Body Certification

\_\_\_ Now Lifestyle Seminar Retreat

Remember, no one should think they need to or can be able to learn this all in one day or week for that matter. Try to eliminate information overload and do a few tasks a day, then share what you have learned with your social media or other connections.

Being consistently consistent is what will help cause you to continue improving and growing your business. You get out of it what you put into it.

In addition to sharing on your own pages, be sure to share in the NLS FB group what you are learning and if you have a question or are stuck on some idea/concept, be sure to be as specific as you can so we can help.



-Dave Gardner-