

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

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___ 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

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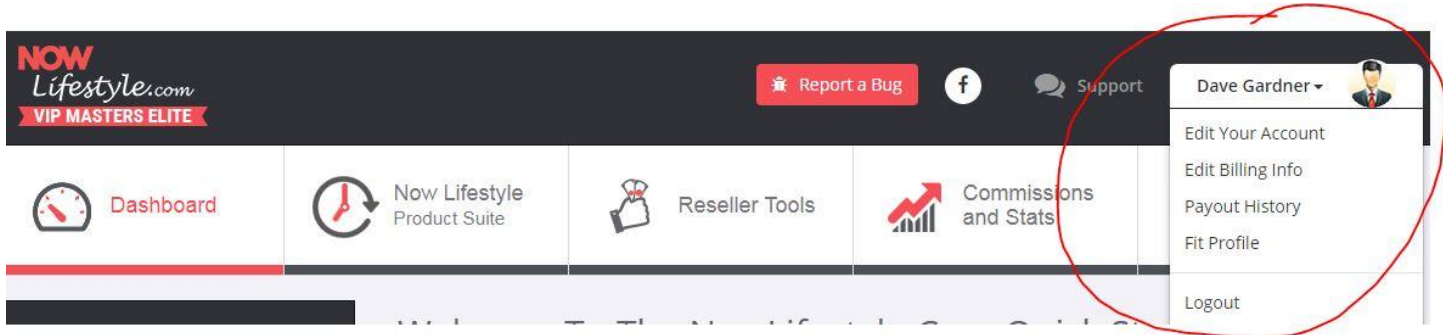
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Editing Account Information (Click on YOUR NAME at the top right)



___ 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!!!)

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___ 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

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[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

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___ 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

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* (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-