

**BODi**

# **TEAM CUP**

**Participants Guide**



## Participant Guide Activity Tracker Workbook

Get ready to kick off an epic adventure in this August's Team Cup, when you and your team of 4 other Partners join forces to crush goals like never before! Incredible things are possible when commitment meets focused action. That's what Team Cup is all about! This month, you'll make a commitment to help more people than ever. No fear. No excuses. No hesitation. Only bold steps forward until the last minute of August! You will amaze yourself with the results you'll get.

Use this guidebook to help you track your activities set goals, and stay focused and accountable to yourself and to your teammates, and eliminate any guesswork on your road to success!

### **Your Team Cup Commitment in August is:**

- Have an accountability group that you can invite to
- Complete the Business Activity Tracker at least 5 days per week
- Touch base regularly with your Team Cup team
- Earn a Team Cup prize

Your efforts in August will springboard you into September and beyond!

**Earn individual and group Team Cup rewards when you earn Cup points.**

### **Participants can earn Cup Points in the following ways:**

- 1 Success Club Point = 1 Cup Point (See FAQ 7399 on how to earn Success Club Points)



## Earn bonus Team Cup points

- 1 bonus Cup point for each new enrolled Partner you earned a Success Club point from in August
- 1 bonus Cup point for registering for BODi Summit 2024 by August 31, 2023

Each Team Member is capped at a maximum of 40 Team Cup points

Top 10 Team tie-breakers are based on uncapped points

## What can I win? What can my Team win?

Rewards	How to Earn
<b>Tier 1: Individual Reward</b> BODi-branded Exclusive Trucker Hat	Participate in Team Cup and qualify for Success Club 5, with at least 1 point from a new Partner enrollment.
<b>Tier 2: Team Reward</b> BODi-branded Sherpa Blanket	4 out of 5 Team Members must qualify for Tier 1.  *Only Team Members who qualify for Tier 1 will earn the Tier 2 prize.
<b>Top 10 Team Reward</b> \$250 USD*	All 5 Team Members must qualify for Tier 1 and 2, AND be among the top 50 overall Team Cup Point earning Teams.
<b>Team Cup Champion (1 Team)</b> \$1,000 USD* plus name engraved on Cup	Qualify for Tier 1 and 2. Be the team with the most Cup points (capped).

\*Bonus points translated to local currency.

Reach out to your Team Captain or upline for information on how to stay focused on your goals and connected to your team during Team Cup month!

## My Team Cup Goals

**My goals for Team Cup are:**  
(ex: Earn the Tier 1 prize)

- 1.
- 2.
- 3.
- 4.

**How I'm going to achieve my goals:**  
(ex. Invite at least 2 people a day to my accountability group.)

- 1.
- 2.
- 3.
- 4.

### **How I'll stay accountable to my goals:**

(ex. Check in with my accountability partner daily)

- 1.
- 2.
- 3.
- 4.

### **Am I ready?**

I have goals for Team Cup.

I have a strategy to achieve those goals.

I have a group I can invite to for August.

I have had a call with my Team Cup team.

I know how my Team Cup team is going to stay in contact and keep each other accountable. I have shared these with your Team Cup Captain.

### **Tracking Your Progress**

Use the [Business Activity Tracker](#) to set weekly goals that will support your overall Team Cup goals, plan the weekly activities that will get you there, and celebrate your weekly wins.

### **What happens after Cup**

Coming out of Team Cup, you've got new customers, maybe some new Partners, and a new group to invite to. Continue the Vital Behaviors you honed in during Team Cup into September, and beyond! Remember: success is often tied to how consistently you align your daily activities to these simple behaviors, so create your game plan today.

## Here are some habits of successful Partners:

- Go all in on the products you're representing and embrace your Health Esteem Routine. You are walking proof that what you're offering really works!
- Connect, invite, and follow up! As you enjoy the benefits of your Health Esteem Routine, you'll naturally want to share it with others. Set up a Facebook group, chat thread, etc. where you can invite people and spark meaningful conversations about their life and goals. Over time, these conversations will ultimately lead to sales!
- Use the Business Activity Tracker on the next page to track the daily activities that will help you to cultivate new connections.
- Help your new customers start their own Health Esteem Routines, support them by cheering them on, and help them to stay accountable to their goals and get results. Ask them for referrals or introduce them to the BODi Business Opportunity as they start to feel better and see results!
- Cultivating a healthy, positive mindset will help you and your BODi business flourish! Dedicating 20 minutes a day to personal development will improve your life overall and help you better lead and support everyone you interact with.

Use the electronic Business Activity Tracker found in The Office or print this paper version.