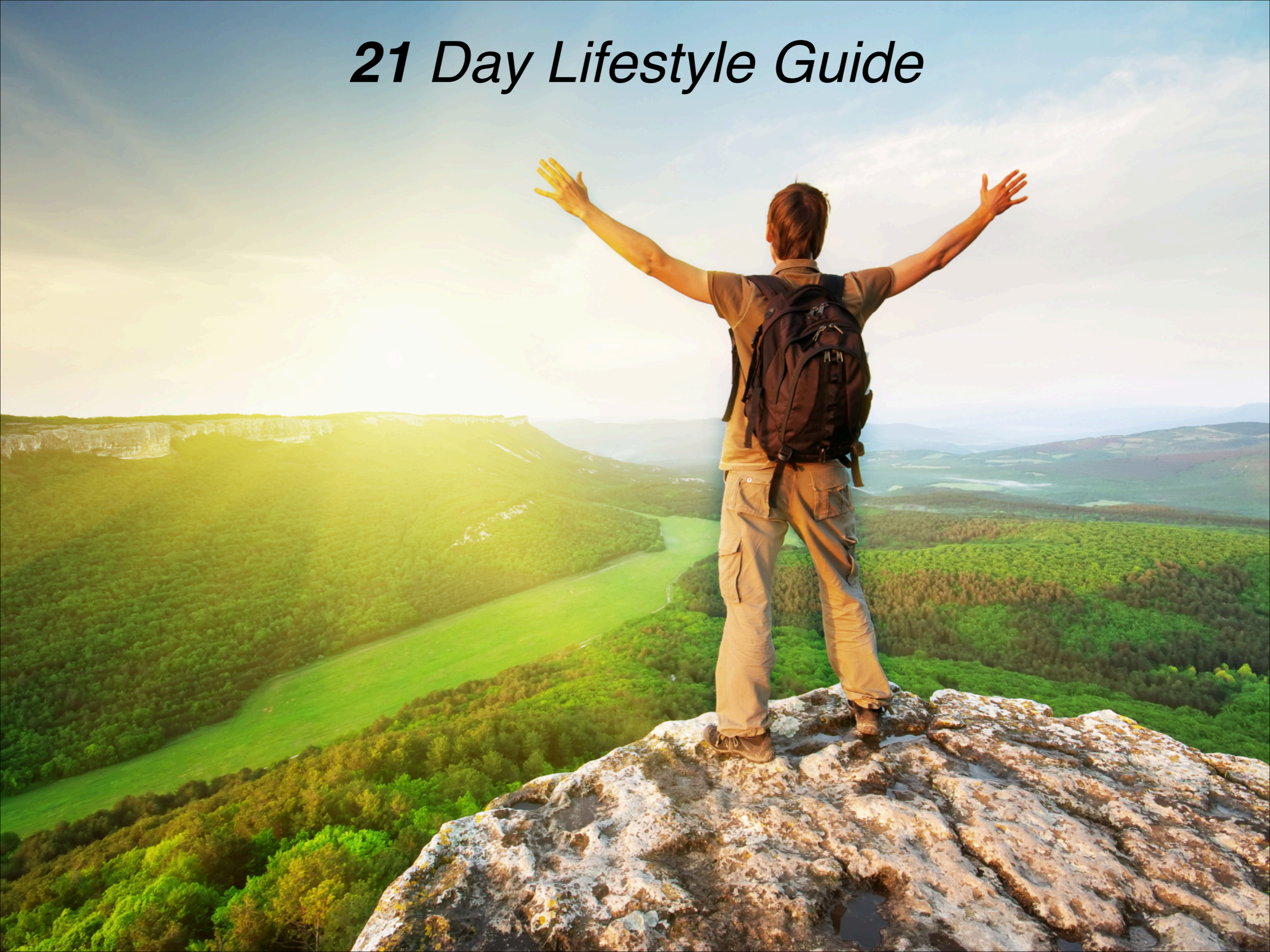


# *21 Day Lifestyle Guide*



$$7+7+7=21$$

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**7 Days:** To create a Ripple through your network by playing & posting

**7 Days:** To start Filtering your network by running the CPS LOOP (+ playing & posting)

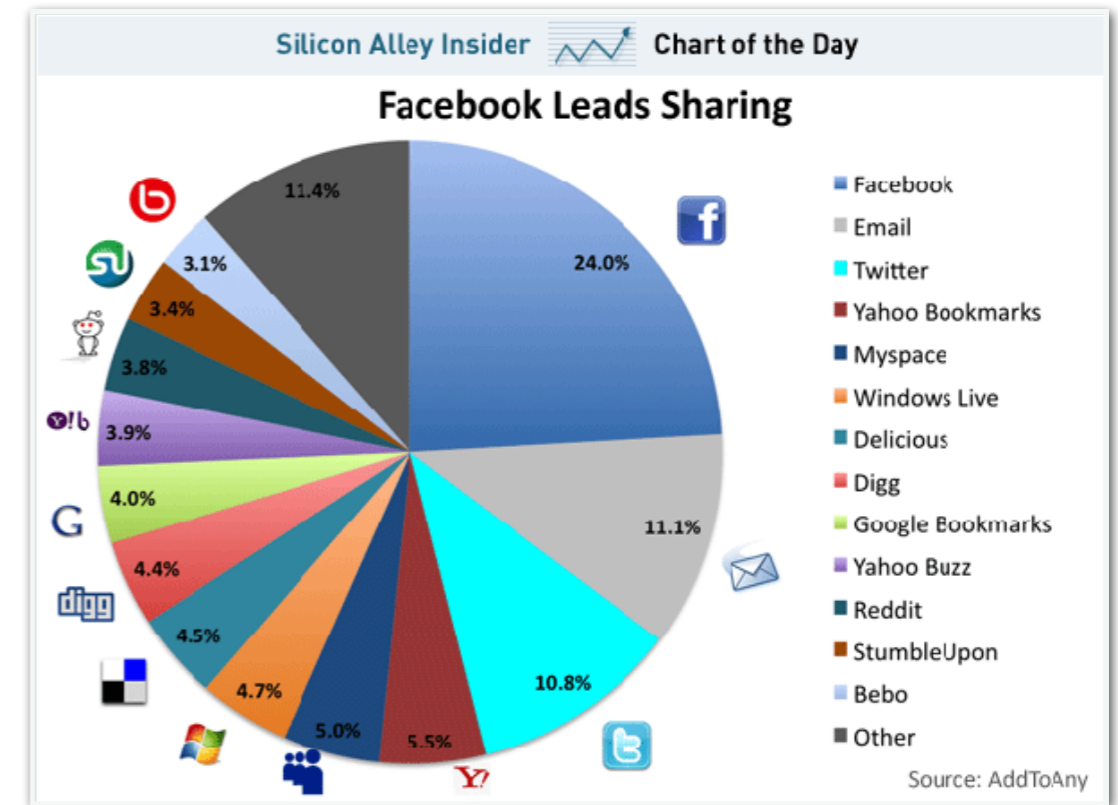
**7 Days:** To start FSP411 & Enrolling your network following through the LOOP (+ playing, posting & Looping)

it takes  
**twenty one days**  
to form a habit

# First 7 Days = Play & Post

Everyday for 7 days post the following on Facebook

- \_\_\_\_ Lifestyle Game Nutrition
- \_\_\_\_ Lifestyle Game Exercise
- \_\_\_\_ Lifestyle Game Sleep
- \_\_\_\_ Lifestyle Game Attitude
- \_\_\_\_ Lifestyle Game Supplements
- \_\_\_\_ Truestar Health "Tip of the Day"
- \_\_\_\_ Something Fitness Related
- \_\_\_\_ Something Social Media Related
- \_\_\_\_ Something Financial Related



- \_\_\_\_ Share 3 Game posts from your team
- \_\_\_\_ Share 2 Health/Fitness Posts
- \_\_\_\_ Comment on 3 Health/Fitness Posts
- \_\_\_\_ Add 5 new friends from "People you may know"

Day 1 \_\_\_\_ Day 2 \_\_\_\_ Day 3 \_\_\_\_ Day 4 \_\_\_\_ Day 5 \_\_\_\_ Day 6 \_\_\_\_ Day 7 \_\_\_\_

it takes  
**twenty one days**  
to form a habit

# Next 7 Days = Run the LOOP

Continue from the first 7 days plus...

\_\_\_\_ Send **10** CPS (from LOOP Step #2) through a Facebook message

\_\_\_\_ Send 10 more to double income (*optional*)

\_\_\_\_ Send 10 more to triple income (*optional*)



Day 1 \_\_\_\_ Day 2 \_\_\_\_ Day 3 \_\_\_\_ Day 4 \_\_\_\_ Day 5 \_\_\_\_ Day 6 \_\_\_\_ Day 7 \_\_\_\_

it takes  
**twenty one days**  
to form a habit

# Last 7 Days = FSP411 & Enroll

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**Continue from the first 7 days plus the next 7 days plus...**

\_\_\_\_\_ Take 3 People through LOOP Steps 3-6

\_\_\_\_\_ Watch one LV1 True Go-Getter video (optional for increased growth)



[www.moveon3.com](http://www.moveon3.com)

Day 1 \_\_\_\_\_ Day 2 \_\_\_\_\_ Day 3 \_\_\_\_\_ Day 4 \_\_\_\_\_ Day 5 \_\_\_\_\_ Day 6 \_\_\_\_\_ Day 7 \_\_\_\_\_