

REBOOT **GROUPS**™

Head Coach Playbook



BEYOND SLIM®

Fitter. Healthier. Happier.



REBOOT GROUPS™

Go Beyond. Go Together!

What is a Reboot Group?

A Reboot Group is a **simple, rewarding, and FUN** way for Members of the Beyond Slim® Community to connect for support in achieving their Metabolic Reboot® program goals.

Reboot Group Members get great value from a group of peers who are striving to become Fitter, Healthier, and Happier. Together, the group members share victories, break through obstacles, and participate in weekly challenges which help the 9 Reboot Rituals become the foundation of a **healthy, lasting lifestyle change**.

Beyond Slim® Coaches who decide to be the **Head Coach** of a Reboot Group should see increased results from their Members who stick with the program; and it's certainly true that helping your Members get results leads to **greater retention and lifetime value** to your growing Beyond Slim® business. Plus, Coaches who have a great experience in your Reboot Group will likely go on to be a Head Coach of their own group, helping their Members succeed as well!

Who is in a Reboot Group?

Your group will be made up of **personally-enrolled Customers and Coaches**. Together, you will keep each other accountable with simple **daily updates** and a **weekly check-in** to celebrate victories and help overcome challenges.

As a Head Coach, you can choose how many people you want in your Reboot Group. We recommend around **10 people**. If you want to go larger, we recommend not going above 20 people so that everybody has a chance to participate and connect.

If your Reboot Group is approaching 20 members, great work! We recommend you start a new group rather than let any one group grow too large to provide the best and most personal support experience.

How do I become a Head Coach?

Any Beyond Slim® Coach with a Title of **Social Marketer 5** or above can be the Head Coach of a Reboot Group! Read on to learn everything you need to know to start your own group, and plug in to our weekly **Reboot 66 Check-in Call** to keep your finger on the pulse of the latest news and weekly featured Reboot Ritual!

If you do have a personally-enrolled Coach in your Reboot Group, give them additional guidance and support so that they may start their own group in the future. You could even use them as an "Assistant Coach" to help you lead calls, support other Members with their daily check-ins, and be your backup when you need a hand. They can follow this workbook to learn the ropes, so feel free to share it with your Coaches who are not yet a Social Marketer 5.

[Read on to learn more!](#)

Setting Up Your Reboot Group

SETUP // Your Group's Weekly Check-in

- Choose day of the week and time for your Reboot Group's Weekly Check-in, a **weekly 20-minute meeting** for your entire group to join, led by you.

My Group's Weekly Check-in will be every at

TIP We recommend Monday in the early evening to start the week off right!

- Sign up for a free Zoom account at zoom.us

TIP Set up a recurring weekly meeting at your chosen day and time through Zoom. This makes it easy for Members to join since your meeting link will be the same each week.

- Test playing one of the Reboot Ritual videos available at vimeo.com/showcase/reboot

INVITE // Invite your personally-enrolled Subscribe & Save Members

- Group support and accountability has been shown to improve one's chances of success by as much as 95%! Let them know there is no long-term commitment if they would prefer to just try the group out at first, but those who commit will have the most success.
- Get their commitment to do these **5 things** in order to participate:
 - 1. Daily: Share your daily update** in the Reboot Group chat that you the Head Coach will set up on the messaging app of your choice.
 - 2. Weekly:** Join the weekly 20-minute **Reboot Group Weekly Check-in** that you the Head Coach will set up on Zoom or the video meeting app of your choice.
 - 3. Monthly:** Be on **Subscribe & Save** with a 1-month supply of ZipSlim® (2 bags) so they can win a Reboot 66™ t-shirt and be eligible to win a \$1,000 Grand Experience.
 - 4. Quarterly:** Be sure they're currently **registered for our Reboot 66™ contest** at reboot.beyondslim.com and enter to win when they complete 66 days.
 - 5. Always: Be positive and have FUN!** This is a group to support and uplift one another.
- Keep your group to **no more than 20 participants** before starting an additional group
- Include your recent personally-enrolled Coaches, with the expectation that they will learn from you and eventually branch out and start their own Reboot Group as a Head Coach.



SUPPORT // Daily Progress Updates

- **Create a group** on your preferred messaging app named "Reboot Group" or "Your Name's Reboot Group" with a photo of ZipSlim®. Or have some extra fun with it and give your Reboot Group a fun, silly, or inspiring name they will remember. We recommend using a messaging app because it is more effective and often has more useful features than a simple group text message.
- **Add** your participating **personally-enrolled Subscribe & Save Members** to this group.
- **Lead by example** daily by posting your own 9 Reboot Rituals Activity Tracker into the group and what you're working on improving. Cheer others on within the group! You can find this tracker at the end of this document, and your Members can find it in their **Metabolic Reboot® Program Guide**.
- Include a **Welcome Message** including:

Welcome and thank you for participating in our Reboot Group! We are going to keep this simple and FUN so that we all get great results together. Research has shown that by being accountable to one another in a fun way, we can increase the likelihood of your success by up to 95%! So that we all have a great experience, here are some expectations of the group:

- 1. Share your progress.** Each day, take a moment to share a picture of your daily **9 Reboot Rituals Activity Tracker** for the previous day.
- 2. Cheer one another on** as together we get more and more consistent with the **9 Reboot Rituals**.
- 3. Keep it positive!** You get out of this group what you put into it; so pour positivity into this group and you'll get your own daily boost!

To kick this off, I'm going to include a picture of my own Activity Tracker. If you haven't yet, print off your tracker and start filling it out. Don't worry about being perfect, just focus on progress! Who's going to share theirs with me?

Dealing with Negativity:

If you find there is a pattern a negativity with one of your Reboot Group members, we recommend using the **Feel, Felt, Found** method to help them see the positive:

Feel:

I know how you feel...

Felt:

I felt that way myself at the beginning.

Found:

But what I've found is that... (include your advice)

For example, if someone were to say, "I really don't like doing my activity tracker daily."

You could say, "I know how you feel. I felt the same way about the tracker when I first started. But what I found was when I did it daily, I did better in achieving my goals. I saw I was making real progress and it feels good to see that progress."

If a Member is still showing a pattern of negativity after you try this approach with them, they should be removed from the group for the good of the others (tell them this upfront).

Your Weekly Check-in Agenda

To keep this simple and easy, print out and follow the following agenda. Also, write the names of the participants in your current group in the circles, keeping the group to no more than 20:

Your Reboot Group Members:

Checklist for Day of Your Weekly Check-in:

- ✓ On the morning of your Reboot Group Weekly Check-in, voice message each participant with a warm reminder and send the Zoom link or call information. Your message is as simple as:
Hi (name)! I'm excited to have you with all of us in the weekly check-in tonight! Jump on a little early and we can all chat before the quick 20-minute meeting. See you then!
- ✓ Watch Monday's Reboot 66™ Check-in call within the [Beyond Slim Together Facebook Group](#) to find the Reboot Ritual focus and challenge for that week.
- ✓ 15 minutes prior to the meeting, send out one more direct reminder to each participant saying:
Friendly reminder that our meeting starts in less than 15 minutes (name)! See you soon!

Reboot Group Weekly Check-in Agenda 20 Minutes

1. Welcome & Recognition – 3 minutes

- Greet participants and then share your own results and goals you are working towards.
- Celebrate at least one participant for their progress during the previous week, taken from those participating in the daily updates on your messaging app group. Examples include pounds/inches lost, consistency, breakthroughs, etc.

2. Celebrate the Journey! – 10 minutes

- Begin the discussion by reminding everybody of the **Group Agreements** and the **9 Reboot Rituals**:

Group Agreements

1. **Share your progress.** Each day, take a moment to share a picture of your daily **9 Reboot Rituals Activity Tracker** for the previous day.
2. **Cheer one another on** as together we get more and more consistent with the 9 Reboot Rituals.
3. **Keep it positive!** You get out of this group what you put into it; so pour positivity into this group and you'll get your own daily boost!

9 Reboot Rituals

1. Drink ZipSlim® Twice a Day
2. Give Gratitude
3. Track Your Progress Daily (weigh or measure yourself)
4. Drink More Water
5. Move Your Body for at Least 30 Minutes Every Day
6. Eat Mostly T.H.I.N. Foods (Total High Intensity Nutrition)
7. Fast for at Least 12 Hours Every Day
8. Get at Least 7 Hours of Sleep Each Night
9. Check in With Your Coach or Buddy at Least Once a Day

Challenges, Successes, and Goals!

- ✓ Ask the group to share challenges, successes and goals.
- ✓ Steer the conversation if it needs to move forward or if the time is being monopolized. You can do this simply by asking, *"Who else would like to share?"*
- Make sure to end on a positive note or experience!

3. Reboot Ritual of the Week – 5 minutes

- Play Reboot video of Dr. Drucker specific to that week, based on Monday's Reboot 66™ Check-in Call found in the Beyond Slim Together Facebook group.
 - ✓ If unable to play video, read the section on that week's specific Reboot Ritual from the Metabolic Reboot® Program Guide.
 - ✓ Announce this week's challenge details for your group.

4. Close – 2 minutes

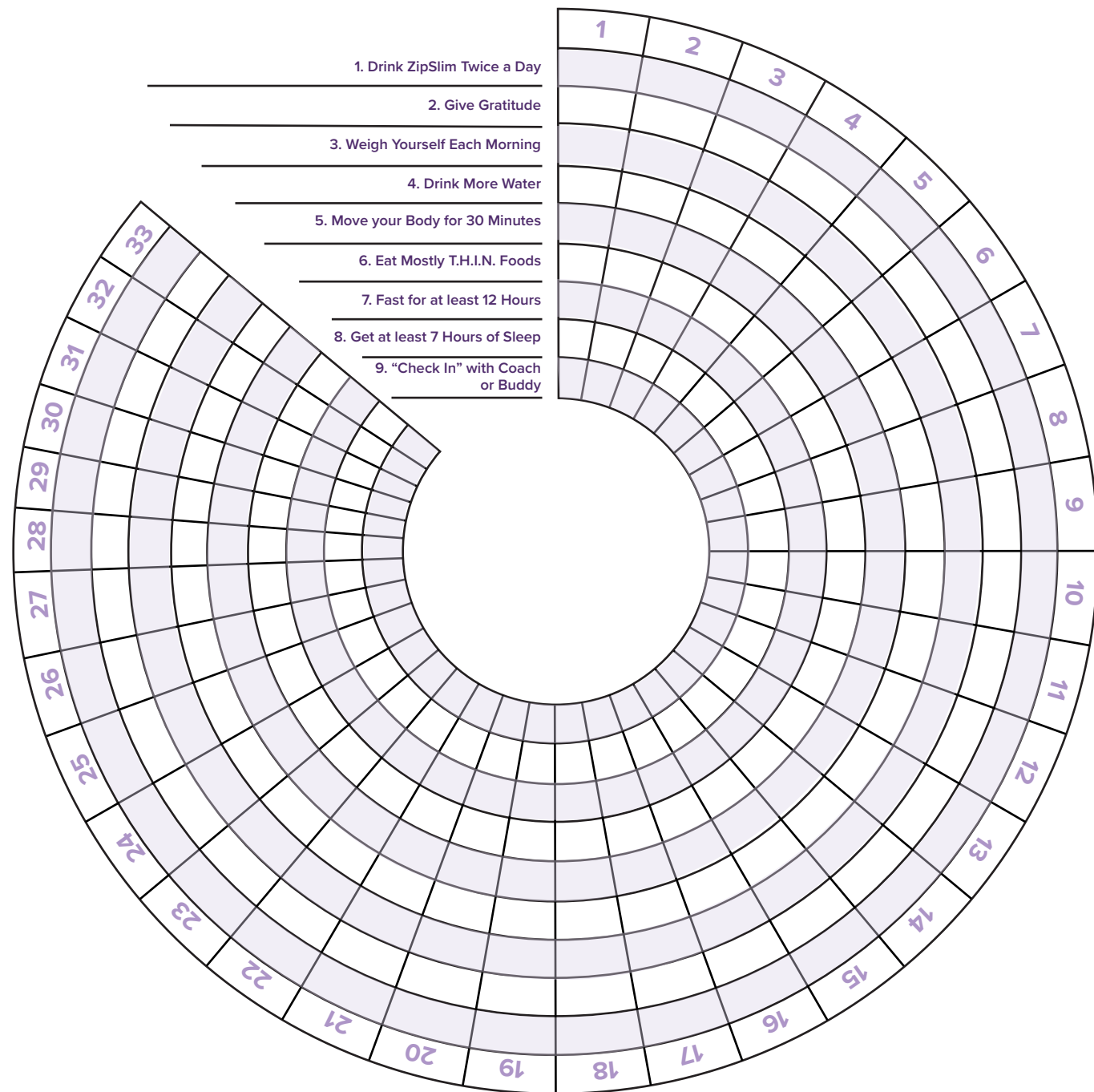
- Remind everybody to:
 - ✓ Join you for next week's meeting date and time (keep consistent)
 - ✓ Do their daily updates in the messaging app group
 - ✓ Focus on the Reboot Ritual of the week
- Thank everyone for joining the Reboot Group Weekly Check-in and end the meeting.
 - ✓ **TIP:** Comment in the messenger group thanking everyone for joining the meeting today!

9 Reboot Rituals

66 DAY ACTIVITY TRACKER — CYCLE 1

Did you know that it is scientifically proven that it **takes 66 days to form a habit**? We don't just want your Metabolic Reboot® program to help you get Fitter, Healthier, and Happier, but we want you to have the success habits to STAY that way!

How do we help you do that? The first and easiest step is to simply track your progress! We've made it simple to think of our Reboot 66 as 2 "cycles" of 33 days each. It gives you a great halfway point to celebrate just after your first month, knowing you're more than halfway to creating lasting healthy lifestyle habits.

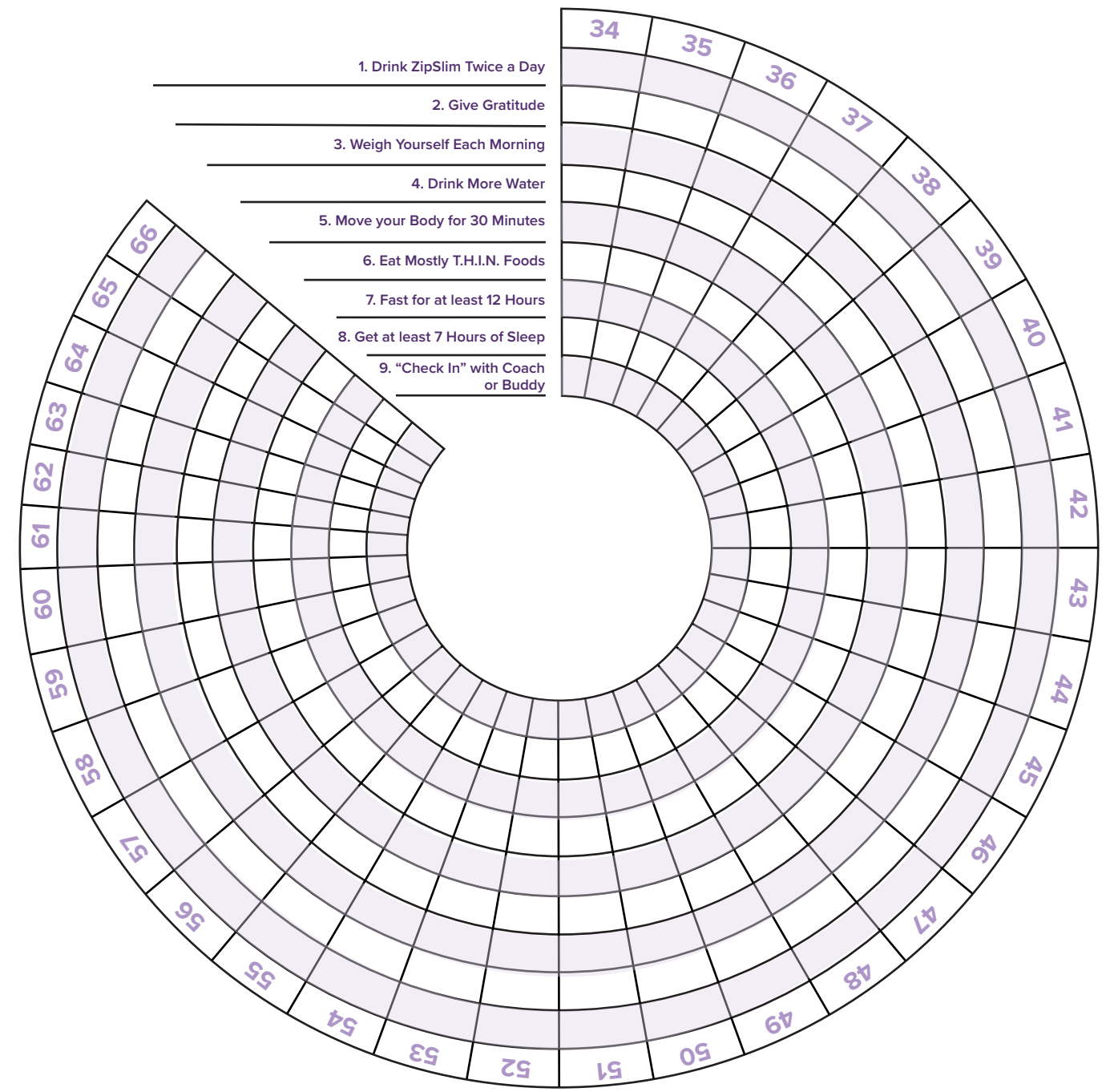


9 Reboot Rituals

66 DAY ACTIVITY TRACKER — CYCLE 2

Simply **mark your progress** as you go in whatever way speaks to you! Maybe it's a simple "checkmark" or an "X." Maybe you're the type who wants to color code them with 9 unique colors or use it like an

adult coloring book to create unique and calming designs as you go. Regardless, just have fun with it and celebrate your progress, don't sweat your imperfect days, and just keep on going!



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