

# HOW TO CONFIDENTLY CREATE AND GROW YOUR ONLINE FITNESS BUSINESS

WORKSHOP WORKBOOK

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## **3 WAYS TO GET MASSIVE VALUE FROM THIS WORKBOOK**

**1**

Print this workbook and use it during our workshop to stay fully engaged and take notes on the actions you want to implement quickly. If you want to save ink, don't print the cover of this workbook or fill it in digitally on your device.

**2**

Think of ONE QUESTION you want answered while we are on the workshop. If I don't answer your question during this training, you can ask it during the Q&A session.

**3**

To maximise your time on this workshop, at the end of the session decide on just one ACTION you plan to complete within the next 24 hours. Taking action right away will give you instant momentum to start seeing BIG results.

## THE 4 REASONS WHY THE TRADITIONAL PERSONAL TRAINING MODEL IS OUTDATED (BUSINESS EDUCATION 1.0):

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

## IDEAS, INSIGHTS AND ACTION ITEMS

## WHY DO YOU WANT TO START YOUR ONLINE BUSINESS?

Clearly articulate what your number one goal is and why...

### Template for writing your WHY:

"I want \_\_\_insert your what here\_\_\_\_\_ because I would like  
to be able to \_\_\_insert your why here\_\_\_\_\_."

### Your WHY:

## IDEAS, INSIGHTS AND ACTION ITEMS

## THE 5 STRATEGIES TO START YOUR ONLINE FITNESS BUSINESS QUICKER THAN YOU THINK:

1. ....
2. ....
3. ....
4. ....
5. ....

### IDEAS, INSIGHTS AND ACTION ITEMS

## THE 5 SECRETS ON HOW TO QUICKLY GROW YOUR ONLINE FITNESS BUSINESS:

1. ....
2. ....
3. ....
4. ....
5. ....

## IDEAS, INSIGHTS AND ACTION ITEMS