

Team Captain Outline

Congratulations on being a JuuvaFIT Captain! Participating in the JuuvaFIT Challenge as part of a team is one of the best ways to achieve your health goals. Team accountability and motivation plays a large factor in everyone's success.

As a Captain you can have a major impact on the individual health transformation of everyone of your team. Don't worry, you don't need any special qualifications or credentials. The impact will come as you simply encourage your group to connect and support each other. The magic comes from the team! Your job is to help facilitate team communication and connection.

What is a JuuvaFIT team?

JuuvaFIT Challenge teams can have up to 6 members. If you have more than 6 people who would like to participate, then you are welcome to sign-up additional teams. As a team, you will support each other via daily team communication and weekly team calls.

How to set up a team

To sign-up your team, visit www.juuvafit.com and go to the "Become a Captain" button. Complete the form to set up your team name and to receive your **Team Code**. This code is sent via email after the create team form is completed, or you can find it by clicking on your team name on the JuuvaFIT Leaderboard under Top Teams.

How to add team members

Once your team is set up, add your team members by visiting the **JuuvaFIT Leaderboard** (myjuuva.com/juuvafit-leaderboard) and go to the "Add Team Members" button. Complete the form for each team member you want to add.

The next step is to:

- 1. Determine your daily communication method:** Identify the primary communication method your team will use. Popular choices include group texting or Facebook messenger groups. Communicating every day keeps the team connected and provides individual support and encouragement.
- 2. Choose a day and time for a weekly team call:** Successful teams constantly work on improving their knowledge and resolve. Your weekly team call is an opportunity for your team to check in with each other, celebrate successes, identify difficulties, and to generate ideas on how to overcome them. Overall, your weekly team call should be the most encouraging and motivating call of your week!

Your Captain resources

As a Captain, you have exclusive access the JuuvaFIT team for help and support. With their help, you'll learn how to be successful in leading others. You have access to the JuuvaFIT team with these resources:

- **JuuvaFIT Captain's Facebook Group:** This exclusive community is a great place to ask questions and get support from other Captains and our coaches. You will also see news and announcements applicable to teams and being a JuuvaFIT Captain. Search for JuuvaFIT Captain in Facebook and ask to join the group.
- **Other Support Needs:** For other support needs or questions, please email juuvafit@juuva.com

Weekly Check-Ins

Your team members receive individual and team Challenge points based on their weekly check-ins. It is important that they complete their check-ins on time each week!

Tuesday to Friday: On time check-in (full points)

After Friday: Late check-in (60% points)

Daily Team Communication Outline

The more positive communications your team has throughout the day and week, the stronger your team will be! As a Captain, encourage your team to interact by sending 2-3 Facebook group or text group messages throughout the day.

Morning example: "Start today strong! What's one thing you'll do today to achieve your goal?"

Midday example: "Time to Refuel, what's everyone having for lunch?"

Evening example: "What's one thing that went well today? What's one thing you'll do differently tomorrow?"

Weekly Team Call Outline

You may choose to use a conference service like Zoom to host your team call. Your team is busy, so be sure to keep the call timely! Calls should last between 10-20 min. Once your calls are established, you may want to invite different members of the team to start and facilitate the calls each week.

3 min. Welcome (by Team Captain)

2 min. Each individual team member should report:

- At least one success from the previous week.
- Challenges you are experiencing.
- State a new goal for the coming week.
- End your report with a power statement ("I've got this," "Stronger than ever!", etc.).

5 min. Answer any questions together.

2 min. Confirm time for next call, end the call with encouragement for the next week.

Captain's Checklist

Being a Captain and leading a team is simple.

All it takes is a willingness to help others see their potential and some enthusiasm for the amazing, proven JuuvaFIT program!

team name

team code

1

captain's name

focus

PRODUCTS PURCHASED

SIGNED UP ONLINE

2

team member

focus

PRODUCTS PURCHASED

SIGNED UP ONLINE

3

team member

focus

PRODUCTS PURCHASED

SIGNED UP ONLINE

4

team member

focus

PRODUCTS PURCHASED

SIGNED UP ONLINE

5

team member

focus

PRODUCTS PURCHASED

SIGNED UP ONLINE

6

team member

focus

PRODUCTS PURCHASED

SIGNED UP ONLINE

WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8	WEEK 9	WEEK 10	WEEK 11	WEEK 12	SUBMIT RESULTS
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Visit the Captain's Facebook Group

Ask your questions to other captains and glean inspiration to pass along to your team!

X	X	X	X	X	X	X	X	X	X	X	X	X
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Contact your team daily

Send a group text or messenger chat encouraging members to stay strong each day.

X	X	X	X	X	X	X	X	X	X	X	X	X
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Hold a weekly team call

Hold a team call, giving each person a turn to share how the week went and commit to goals for the upcoming week.

X	X	X	X	X	X	X	X	X	X	X	X	X
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Encourage check-ins

Remind your team to submit their weekly check-in by Friday for full credit.

X	X	X	X	X	X	X	X	X	X	X	X	X
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Submit final results

Encourage your team to finish the Challenge by submitting their final results.

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