

# CARDIO COCKTAIL™ OPPORTUNITY

## 30 Day Action Plan

30 Day Success Plan – Copyright 2008 – ForMor International

Consistent daily action yields the success you desire. Remember, success can be found in your daily habits. Following this 30 day plan generates the daily habits you need to succeed for the long-term. Teaching your new people to follow this plan.

**1. Distribute marketing materials Newspapers & CDs ect.**

You can only get a harvest when you plant the seeds. Get 100 drink arginine CDs, along with newspapers and cardio cocktail brochures, into the hands of the 100 people on your list.

**2. Follow-up, follow-up, follow-up**

The fortune is in the follow-up. Follow-up within 2-3 days of getting market materials into the hand of a prospect. Ask them, “what would you like to do as the next step?”

**3. Read the ForMor Training Guide**

Study the Training Guide that comes in your Distributor Kit. Learn the techniques for success in your new business.

**4. Make reservation for ForMor University**

Success in your business will be in direct proportion to your understanding and application of proven principles. FMU is the best way to increase your knowledge and understanding in your ForMor business.

**5. Make reservation for next Annual Convention.**

Meeting upline and company leaders while receiving the industry’s best training are all parts of the A/C. Bring some friends and see your business take off.

**6. Listen to a Doctor’s Discovery Conference Call**

This call is a great way to build your confidence and educate yourself on the ForMor products. Call 712-338-8000 pin 9683# on Tuesdays @ 8:30pm central. Conference call’s are very important in building your business. All Conference call listings are available at ForMor.com

**7. Watch the DVDs**

The Bring It Home and Brilliant Compensation DVDs are a great way to expose your business to new people. We recommend that you watch them several times.

**8. Organize your business**

Pick up some file folders from the local office supply store. You can use the simple 6 Folder Organization method or your own system. The key is to be able to quickly locate the information you need. For more information on the 6 Folder System look in the Downloads section of the ForMor back-office.

**Take Action Today For A Better Tomorrow**