

**HEALTH FIT
BUSINESS™**

COMPLETION CHECKLIST

LEVEL ONE COURSE

LEVEL ONE CHECKLIST

Here is the outline of everything you need to apply before you call the HFB Level One Course a real success. Are you ready to get after it?

Module 1 - Why Scale?

- I understand why I have to scale my business
- I've calculated how much time I need to free up and why
- I've calculated my dream to reality gap of income
- I've calculated my passive income goal
- I've calculated the limit to my current career income
- I've drawn my ideal week and compared to current reality
- I know my current ceiling to impacting others and solving problems

Module 2 - Scaling Options

- I've brainstormed how to turn my skills into a physical product
- I've brainstormed how to turn my skills into a digital product
- I've brainstormed how to turn my skills into a membership site
- I've brainstormed how to turn my skills into a live event
- I've brainstormed how to turn my skills into scalable service
- I've thought about which scaling option best suits my skills
- I have no excuse not to scale

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Module 3 - Self Evaluation

- I'm fully aware the actions I take on daily basis and why
- I've identified what I want to start, stop and continue in my actions
- I've started one thing on my start, stop, continue list
- I've stopped three things on my start, stop, continue list
- I have found my own unique ability and am committed to doing it

Module 4 - Automations

- I've identified what no one needs to be doing as an automation task
- I've automated five separate things in my life

Module 5 - Delegations

- I know I shouldn't do everything and have a team to delegate to
- I'm not fearful of letting things go for others to complete
- I've drawn three foolproof systems that don't require management
- I've delegated the systems that drew up
- I've delegated checklists of repeatable tasks so no one forgets
- I've hired someone remote to do a task for me

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Module 6 - Optimizations

- I know I need to get better at the things left for me to do
- I've identified the right way to do the right things
- I've scheduled an entire week using the time blocking method
- I've established one self accountability system for myself
- I've utilized at least two new tech tools to help with collaboration

Module 7 - Self Investment

- I'm fully aware that investment in my body and mind is paramount
- I've eaten according to my nutrition strategy for two weeks
- I've stuck to my workout routine for two weeks
- I've used a minimum of four steps to improve sleep
- I've meditated five days in a row
- I've used the brain dumping technique when stressed
- I've done a physical task for fun, not improvement

Module 8 - Self Improvement

- I'm dedicated to always becoming a better version of myself
- I've turned off all non critical notifications on all devices
- I've completed 20 deep work hours
- I've taken three hours away from work to actually think big
- I've stuck to a routine I've built for three days

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Module 9 - Platform Building

- I understand platforms are tools to scale my skills
- I know what social media platform to use that best suits my skills
- I have registered a domain and know how to launch a website
- I have drawn out an email opt in and funnel that I will implement
- I know what tools to buy if I wanted to start a podcast