



FAST TRACK MANUAL

Simple. Consistent. Fun.

Ver. 4.0

Your Name:

USANA ID #:

Why Are You Doing USANA?

Share Your Story

1. Your background.
2. What you don't like about your situation. (Be vulnerable)
3. The solution you have found.
4. How you feel about the future.

Leadership Levels

Shaper - 50 CVP Believer - 100 CVP Builder - 200 CVP	PHASE 1
Achiever - 400 CVP Director - 500 CVP Bronze - 800 CVP Silver - 1000 CVP	PHASE 2
Gold - 1500 CVP Ruby - 2000 CVP Emerald - 3000 CVP Diamond - 4000 CVP	PHASE 3

CVP is for 4 consecutive weeks

Lifetime Matching Bonus

- Premier Platinum FaceSetter - 15%
Sponsor 4+ Associates for 1,600 SVP
- Premier FaceSetter - 10%
Sponsor 2+ Associates for 800 SVP

8 WEEK DEADLINE:

Less than 10% of associates reach this elite status.

Our hope for you is that you become an **Achiever** within your first 90 days. This foundational rank will build your belief in the company, the products and most importantly, yourself.

Plan your work. Work you plan. Download: <http://tbody.me/WeeklyActionPlan>

First Week of Business

Add to Cell Phone:

- Distributor Service: (801) 954-7200
- In the Notes Section Add Associate ID #

Login to www.USANA.com & Locate:

- My Auto Order
- Shop All Products
- Team Manager
- Training Tab
- > Video Tutorials (Welcome to The Hub)

Visit <http://AskTheScientist.info>

Set Up Your Business

- Set up USANA "My Website"
- Set up Auto Deposit
- Order Business Cards:
<http://myUSANAgear.com>

Commit to OneBody Monthly Webinars

- 1st Monday - Team Leadership Call
<http://training.TeamOneBody.com>
- 3rd Monday - OneBody Women
<http://women.TeamOneBody.com>
- 4th Monday - Phase 2 & 3 Elite Call
Links Sent Privately

Get Connected to OneBody on Social Media!

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<https://facebook.com/groups/OneBodyWomen>
- Follow us on Social Media:

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Auto Order

Do whatever it takes to stay on 200 point Auto Order! This will increase your earning potential by keeping all business centers active. You will get more products, receive an additional 10% discount, and benefit from initial order reward.

If necessary, share a part of your Auto Order with family and/or friends to alleviate some of the cost in the beginning.

MY FIRST AUTO ORDER IS SCHEDULED FOR: _____

Daily Method of Operation

- 1 Use all 3 USANA product lines.
- 2 Share your story with at least 1 new person.
- 3 Spend 30 minutes on Personal Development.

Fast Track Manual

R Bogdan



Fast Track Manual:

Disciple Fast Track Becoming Disciples Through Bible Study Leader Guide Richard B. Wilke, Julia Kitchens Wilke Trust, 2016-07-19 No additional preparation is needed for the Leader just follow the Guide Use the guide in class only What could be easier Disciple Fast Track an adaptation of the original bestselling Disciple Bible Study provides a viable option for busy people seeking comprehensive engagement over time with the entire biblical text Fast Track groups meet for a total of 24 weeks devoting 12 weeks each to the Old Testament and the New Testament Participants read a manageable 3-5 chapters of the Bible daily in preparation for the weekly meetings which last approximately 75 minutes A brief illustrated review video enables participants to recall important facts and ideas lively and engaging video presenters then offer insights into the current week's session Participants have the opportunity to take a spiritual gifts assessment and determine meaningful ways they can serve and live out their discipleship commitment They also have opportunities for celebrations marking their completion of the Old and New Testament components of Disciple Fast Track The flexible resources work well with groups of a few participants up to 100

American Racing Manual, 1928 **Marine Corps Air Station El Toro, Disposal and Reuse**, 2002 Collyer's Pocket Manual, Yearbook, 1927 Implementation of the Federal Water Pollution Control Act United States. Congress. House. Committee on Public Works and Transportation. Subcommittee on Investigations and Oversight, 1982 **ACI Manual of Concrete Practice**, 2005 Practitioner's Guide to Empirically Based Measures of Social Skills Douglas W. Nangle, David J. Hansen, Cynthia A. Erdley, Peter J. Norton, 2009-12-16 Social skills are at the core of mental health so much so that deficits in this area are a criterion of clinical disorders across both the developmental spectrum and the DSM The Practitioner's Guide to Empirically Based Measures of Social Skills gives clinicians and researchers an authoritative resource reflecting the ever growing interest in social skills assessment and its clinical applications This one of a kind reference approaches social skills from a social learning perspective combining conceptual background with practical considerations and organized for easy access to material relevant to assessment of children adolescents and adults The contributors expert guidance covers developmental and diversity issues and includes suggestions for the full range of assessment methods so readers can be confident of reliable valid testing leading to appropriate interventions Key features of the Guide An official publication of the Association for Behavioral and Cognitive Therapies Describes empirically based assessment across the lifespan Provides in depth reviews of nearly 100 measures their administration and scoring psychometric properties and references Highlights specific clinical problems including substance abuse aggression schizophrenia intellectual disabilities autism spectrum disorders and social anxiety Includes at a glance summaries of all reviewed measures Offers full reproduction of more than a dozen measures for children adolescents and adults e.g. the Interpersonal Competence Questionnaire and the Teenage Inventory of Social Skills As social skills assessment and training becomes more crucial to current practice and research the Practitioner's Guide to Empirically Based Measures

of Social Skills is a steady resource that clinicians researchers and graduate students will want close at hand **Focus**
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Fast Track Manual Book Review: Unveiling the Power of Words

In some sort of driven by information and connectivity, the power of words has be more evident than ever. They have the capability to inspire, provoke, and ignite change. Such is the essence of the book **Fast Track Manual**, a literary masterpiece that delves deep in to the significance of words and their affect our lives. Compiled by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall effect on readers.

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