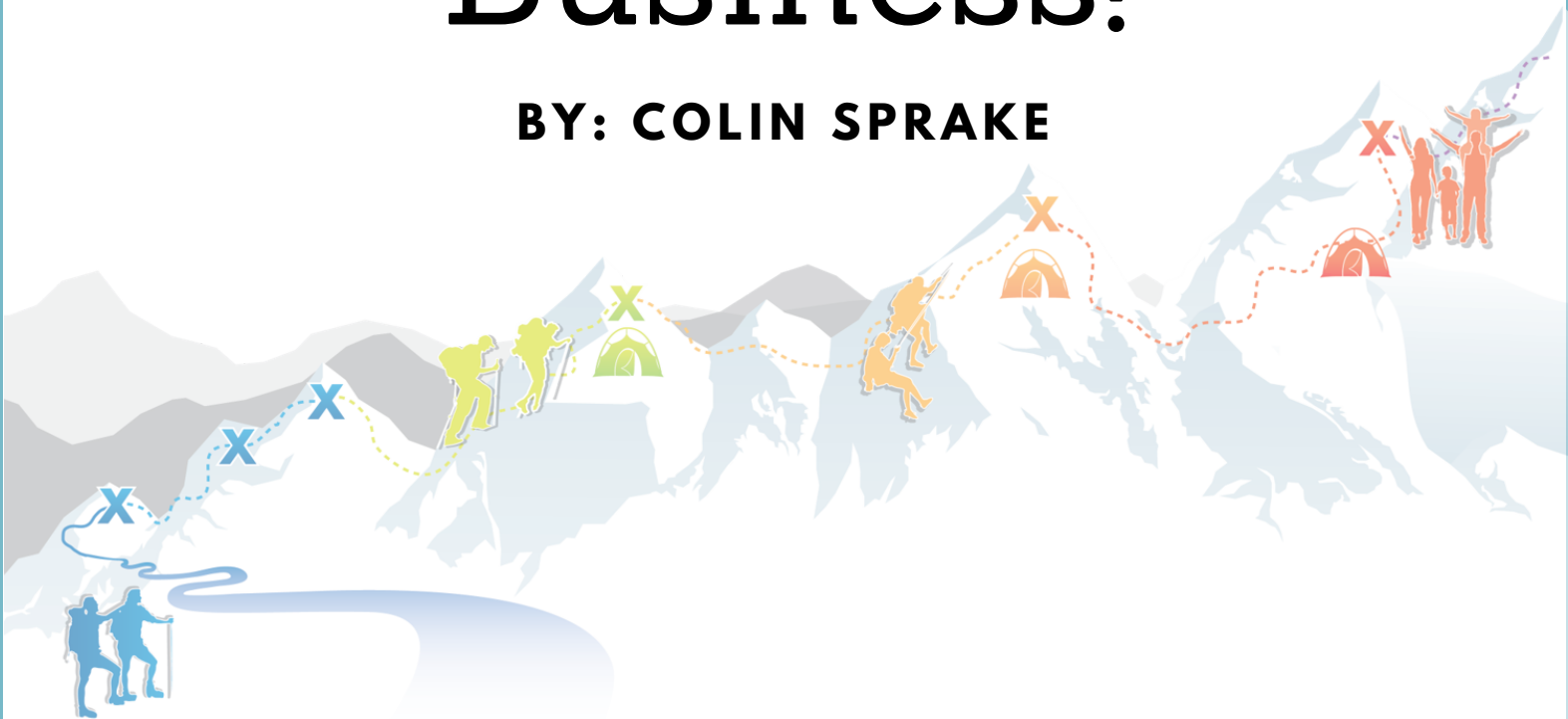




# Health & Fitness for You and Your Business!

**BY: COLIN SPRAKE**





# 12 Important Beats..

1. Start with a \_\_\_\_\_.
2. L.P. + B.P. = F. P. \_\_\_\_\_ + \_\_\_\_\_ = \_\_\_\_\_.
3. What's Your \_\_\_\_\_.
4. Set Your \_\_\_\_\_.
5. Do what's \_\_\_\_\_.
6. Know \_\_\_\_\_.
7. Build \_\_\_\_\_.
8. Give \_\_\_\_\_.
9. Hire with \_\_\_\_\_.
10. Energy is \_\_\_\_\_.
11. Communication is \_\_\_\_\_!
12. Never FORGET \_\_\_\_\_!



Additional Notes:



# 7 Vital Steps for Maximizing Growth, Sales & Profit!



Vital Step #7: \_\_\_\_\_

Vital Step #6: \_\_\_\_\_



Vital Step #5: \_\_\_\_\_

Vital Step #4: \_\_\_\_\_



Vital Step #3: \_\_\_\_\_

Vital Step #2: \_\_\_\_\_



Vital Step #1: \_\_\_\_\_

Biggest Nuggets or AHA's?