

GEMINI⁺
B-LEAN
CHALLENGE

SQUAD LEADER HANDBOOK

CONGRATULATIONS!

You're the Leader of your Squad in the B-LEAN CHALLENGE! What does that mean, exactly? After all, it's not as though you'll be losing the weight for your Squadmembers, or making the daily choices for them that leads to everyone's better health. That's not your job. As Leader, your job is to encourage, support and direct your Squad. . . and it all starts with your own story. This Handbook gives you some suggestions to help your Squad get started right, reach their health goals, and maybe along the way your Squad will win our B-LEAN CHALLENGE too! Good Luck!



WHERE TO BEGIN?

There are a few key things you'll need to do to make sure your Squad is set up to reach their goals. We found it's best to break up the Squad's plan into three main parts: Getting Started, Regular Meetings or Check-Ins, and Submitting Results.

GETTING STARTED

This is the big first step—and you've already begun! If the folks on your Squad have committed to doing the challenge, that's half the battle. Here are some other things you'll want to do:

1. **Establish your support plan for the team.**

Whatever works for you: texts, calls, emails, in-person meetings or Facetime—figure out the best way and time for the Squad to meet. We recommend a weekly touch base for the group all-together, but you can choose what best fits the needs of the team. This helps keep the Squad accountable, and provide extra encouragement where needed. Note: this may change as the challenge progresses.

2. **Make sure everyone is registered.**

Everyone needs to register at www.b-leanchallenge.com/challengeyourself.html. Make sure they specify which program they are using, and they list your name as Squad Leader. And don't forget to take the "before" photos—they'll be needed in order to submit results. In fact, we recommend taking progress photos at 30-60-90 days. The before picture is one of the most powerful tools to help drive your team's success, when they compare it to their progress.

3. **Ensure everyone has what they need to begin.**

Whatever program your Squad members are using, there are helpful guides including recipes, meal plans, weight tracking forms, etc. on the B-LEAN CHALLENGE website. They should also have their preferred program weight loss kit ordered and of course we recommend the Healthy Body Start Pak as the foundation for everyone.

www.b-leanchallenge.com/reorder.html

4. **Join the community!**

Get daily tips and suggestions, inspiration and more at our B-LEAN CHALLENGE Facebook and Instagram pages!



REGULAR MEETINGS AND CHECK-INS

Whether your Squad is in your neighborhood or across the country, part of what makes the Squad option so great, is that you have a small group of people you can lean on. Developing this support group isn't hard (because everyone is working toward similar goals), but here are some recommendations to maximize success:

1. **First Meeting Matters** –Establish the routine for the team. It's important for everyone to introduce themselves and their goals—and especially their why. It's the “why” that will motivate you and get you through the tough days. If everyone on the Squad shares their why, others can help remind them of it when they need a boost. As Leader, it's important you share your why too. Your health journey (whenever it happened) is an important reference point.
2. **The Good and Bad** – Get weekly check-ins, share measurements, weight lost, etc. If someone has great progress, celebrate it! If they're struggling, then encourage them to share that too, as it's likely someone else is, or will be, experiencing the same thing.
3. **Choose one thing to focus on each week.** The B-LEAN CHALLENGE will share tips and tidbits from four areas throughout the year: Mindset, Nutrition, Exercise and the Program. Coach Sanjeev Javia will host a FB live event each week featuring one of these topics, and a special guest with expertise in one of the categories. You could use that as the foundation of your discussion each week. Other suggestions include:

Mindset

- Share favorite quotes from successful, determined people. Talk about how mindset plays a key role in success.
- Discuss challenges people face when changing their mindset. Look for suggestions on how to strengthen your commitment to your goals
- Share statements from people who have lost weight and gained health. Very often the biggest reward is how they feel, mentally. Releasing mental baggage about their health is as important as the physical weight.
- Don't forget to give yourself grace when you make mistakes.

Nutrition

- Make sure everyone has a meal plan in place
- Discuss the reasons why prepping is so important
- Discuss ways to make “on-the-go” eating work with your plan
- Everyone share favorite go-to recipe



Exercise

- Find ways to add more movement to your day – take stairs at work or add a 15-20 min walk
- Meet up and walk, run or workout together for 30 minutes

Program

- Review menu options shared via the website
- Make sure everyone is tracking their weight and measurements so they can update their results
- Discuss Squadmember's stories. This is a key part of the submission process.

SUBMITTING RESULTS

The final step! Towards the end of every cycle, make sure each Squad member is ready to share results. Submitting the before and after photos, weight progress, measurements, and their story. The only way to win is to make sure you submit your results!

