

Getting Started Right

Complete the 10 steps below within one week of joining USANA. Upon completion, meet with your sponsor to review your checklist and set up an action plan.

1. *Take the Health Assessment and Advisor*—Analyze your biometrics, lifestyle, and health priorities to find the right USANA products for you at www.usanahaa.com.
2. *Start the eApprentice Online Training Course*—Go to www.usanatoday.com to start working through these lessons packed with proven business-building techniques.
3. *Enroll in Autoship*—Learn how to use Autoship effectively at www.usanatoday.com.
4. *Begin Using the Products*—By using USANA's products, you will better understand their benefits.
5. *Study the Business Development System*—Thoroughly read all the information contained in your binder and online. Review the training CD and DVD on an ongoing basis. Continue completing the eApprentice lessons. Familiarize yourself with the Policies & Procedures.
6. *Complete the Goal Worksheet*—Listen to the audio training CD and go through the eApprentice to help establish and discover your “why,” then complete your Goal Worksheet.
7. *Create a List of Names*—The audio training CD and eApprentice will teach you how to make a list of names. Do not pre-qualify anyone. Then fill out the Contact List Sheets. (100 minimum)
8. *Get Connected*—Log in, click through, and read www.usanatoday.com. Then sign up for daily updates by providing your e-mail address. Your online access to USANA will be your lifeline for important company and upline communication.
9. *Purchase and Review Tools*—Consult your upline for a list of the best tools to help you begin your business. Some tools are available directly from USANA, while others can be ordered from UNI ProTools at www.unitogether.com or 1-866-486-4669.
10. *Set Up Your Business*—Set up your USANA workplace in your home. Order business cards through UNI ProTools, and call your local phone company to add three-way calling to your phone(s). Make several test calls to ensure you know how to use this feature properly.