

January 5th | National Super Saturday

Frequently Asked Questions

Check out the new Troubleshooting section on the last page!

What is Super Saturday?

Four times a year, thousands of Team Beachbody Coaches come together in cities all around the country for a training-focused Team meeting. The meeting looks back at past successes and takes action for the next quarter. Super Saturday meetings always start by celebrating individual Coach and Team successes. A corporate video is created with highlights of the last quarter plus key announcements for the next 90 days.

What's on the Agenda for January 5th?

The main focus of this meeting will be to:

- Kick off the New Year with new tools, products and promotions
- Announce updated Success Club program rules
- Announce the 2014 Success Club trip destinations

I want to attend a meeting, where can I find a list of venues in my area?

Click here for up-to-date listings: http://tbbcoa.ch/SS_Jan5. As it gets closer to the event we'll update it more often!

I want to host a meeting, what do I need to get started?

Congratulations! Having the desire to lead a meeting is a big first step. It's easy street from this point forward. Visit the Events section in the Coach Online Office (News & Training>Events>Super Saturday 2013) for general Super Saturday information.

1. **Submit your meeting location.** Let us know where you're holding your event, so we can help you promote it! [Click here to submit your event.](#)
2. **Promote your meeting.** The easiest way to promote your meeting is to create an event on Facebook. Simply log in, create an event, and share it with your friends. Also, ask your friends to share it with their friends. You'll be surprised by how many people respond! Check out our events page in Facebook.
3. **Review the Meeting Agenda.** This will help you structure your meeting. [View it here.](#)

What materials will I need on the day of my meeting?

1. **Team-specific information to recognize**—such as recognition for your Team/Coaches, business strategies, and local announcements to share at your meeting.

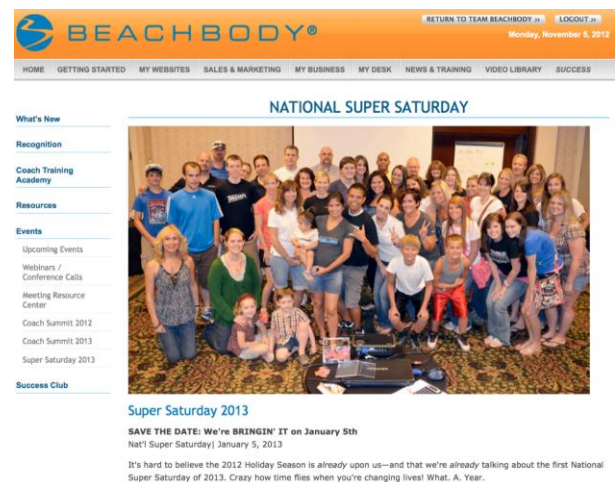
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2. **Video Presentation.** We'll make the entire video presentation available as a FREE digital download. We'll share the video link with you on or around January 2nd via email—and you'll want to be sure to download it prior to your meeting.
3. **Presentation on PowerPoint.** These slides were designed to compliment the video. This is a great tool for new Coaches that want more structure for their meetings.
4. **Presenter's Talking Points.** A slide-by-slide script for you to follow as the meeting host. We'll send that to you with the video file on or around January 2nd.

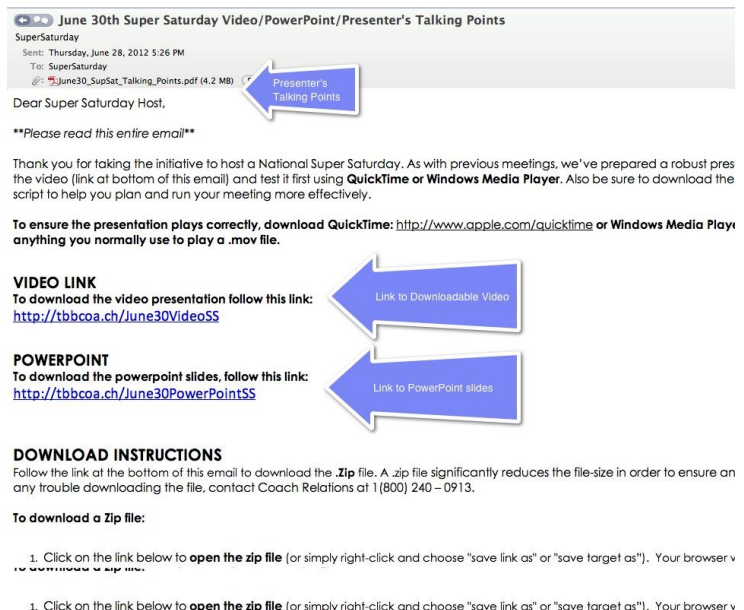
Will I receive a meeting kit in the mail?

We do **NOT** send presentation materials by mail. The materials are sent via email. We're continuing our quest to go paperless and to use fewer resources to get materials out to you by mail. You'll find a Meeting Agenda and these FAQ's in the Coach Online Office Events section under the Super Saturday tab.



What materials will I receive? What does the email look like when you send the presentation assets?

We'll send an email to the address you registered with. There will be Talking Points attached as a pdf, a link to the downloadable video and a link to the PowerPoint slides. We will also have two choices for the video link; one that is for small meetings (low-res) and one that is for larger (large projection) meetings.



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What equipment will I need?

You'll need a computer to download and view the presentation video. This presentation file will not transfer to a DVD so you will need to play the video from a computer as well. To play the presentation video on a TV or LCD projector, you'll need a VGA cable, a sound cable and a large screen or big blank wall space.

If you don't have the equipment to download and play the video, reach out to your guest list and see if you can borrow a laptop computer from someone!

Can I play the video on a TV?

No. The video we create is not in DVD format rather it is a movie file playable on computer only. You can project the video to a television set from your computer but you would have to coordinate the correct computer to TV connection.

When should the meetings be held?

There are no time restrictions for this meeting. Morning, afternoon, or evening. As long as you schedule your meeting on or around January 5th, you can hold it at any time that works best for your Team.

How long should my meeting be?

The video and materials we've created will run about one hour and 45 minutes. But in some cases where people travel long distances, you may want to take advantage of the time you have together and spend it setting Team goals, focusing on training, doing a fitness workout, or other fitness- or business-related activities.

Who can host this January 5th Super Saturday event?

Team Beachbody Coaches of all ranks are eligible and encouraged to host their own Super Saturday event! Just submit your event details to the Corporate Office (via link in next paragraph) beforehand and you will receive an email with your presentation materials several days before the event.

How do I register my meeting event and have it posted in the Coach Online Office?

[Click here to submit your event](#). We'll post your event in the Coach Online Office 2–3 business days after we receive your information. This will be your confirmation that you successfully registered your event. **NOTE: There will not be a confirmation email.**

Should I join forces with other Coaches to make my meeting more impactful?

YES! Partnering with other Coaches in your area is a great way to make your meeting more impactful. Combining the experience and success of multiple Teams in a local market creates a

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powerful energy. There's strength in numbers, and the more people that come together to learn and take action, the better!

Should I invite prospects?

It depends. While this meeting is intended for those already part of Team Beachbody, there's nothing at this meeting that wouldn't be great for someone considering joining the Team. This meeting can be a perfect opportunity for people to learn about Beachbody® culture, the products, and the Coaching Opportunity. The energy is high and it's a perfect platform to spread the message! If you plan to do a formal Coach Opportunity Meeting for your prospects, make sure you take a break between meetings to sample Shakeology®.

Will any members of the corporate team be in attendance?

While the top executives at Team Beachbody can't physically be in every city, they will try to support as many Super Saturday events as possible. We will post where executives are going on Facebook and in the Coach Online Office, as it gets closer.

What should the format of my meeting be?

Use the Meeting Agenda as a guideline at your meeting. It's up to you whether you want to add more activities before or after your meeting, such as a group workout, Shakeology sampling, and/or additional Team training.

How much will this meeting cost me?

This meeting shouldn't cost you very much if you search for inexpensive options. Try looking for low-cost meeting areas or—better yet—FREE spaces where you can hold your meeting. Look at school auditoriums, churches, or gymnasiums that may only require a small donation. Again, partnering with other Coaches in your area can help save on costs!

If you need to charge a fee for your meeting to offset venue costs, let us know when you register your event. Select a fee amount from the drop down menu that will help you pay for the costs to rent a meeting space. This is intended to offset costs and not intended for profit.

How many people should I invite to my event?

Start inviting people to your event now, and invite as many as you want. Use Facebook, Twitter®, or other social media sites to promote your event and track the number of registrants. (Evite® and Constant Contact® are also great options.) We'll also be promoting your events in the Coach Online Office and via our Twitter and Facebook channels.

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NEW! Troubleshooting Section

Before calling Coach Relations, try these things first!

Video and Audio don't sync up

Try downloading the video again.

Video is choppy or froze up

Try downloading the video again.

Video is taking 9 hours to download

Mac and PC users have reported up to 2 hours maximum for the download. Your download may be hung up. Try starting over.

Video volume is very low from my laptop

Get some speakers to amplify the sound. Re-download video to see if that helps.

Can I burn a DVD from my computer and take it to my meeting?

You can but you will need special software to convert it. The video is sent as a .mov file that you should copy to a flash drive if you need to make it portable.

Can I connect my laptop to a TV to show the movie?

It is possible if you have the right connecting cables. Also, your laptop may only carry a video output and need a separate audio cable as well. Your best bet if you want to display onto a TV is to find someone technically savvy that can help you set it up and try it out beforehand.

I can't open the Presenter's Talking Points document (pdf)

You will need Adobe Reader to open, view, or print a pdf. [Click here](#) to download.