



THE DAILY 10-10-10

30 simple actions. Build relationships. Show up every day.

10

INVITES

Invite 10 people to the Rebels Group.

Health, wellness and healthy aging are for everyone.

Don't prejudge. Invite and move on!

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CONNECTIONS

Send 10 Facebook friend requests.

Choose countries where our products are available.

Profile picture? Yes. Consistently negative posts? Pass.

CHIP'S TIP: I focus on the U.S. and Canada for easier communication across time zones.

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INTERACTIONS

Comment on 10 people's Facebook Stories.

Be friendly and genuine about what they shared.

No copy-and-paste pitches. Just real connection.

DON'T OVERTHINK IT. TAKE ACTION.

Learn a little. Do a little. Report. Repeat.