

8 Steps to Start the Game

- 1 Get your team together ☐
 - 2 Everybody signs up to play ☐
 - 3 Download copies of the rules & core forms ☐
 - 4 Read the rules, FAQs & ask HQ for clarity ☐
 - 5 Understand the scoring before the game starts & choose a scorekeeper ☐
 - 6 Think about your goals for the game and place them in a vision statement using "I am" language ☐
 - 7 Check your schedule & make time for exercise, 30 mins - 6X a week ☐
 - 8 Begin as a team, win as a team! Start daily team communication ☐
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