

# Wellness Evaluation

How to activate your coach link, send it to your clients and give them their results. The client guide is at the end, so you can send it to them if they have questions.

## Part 1 · For the coach

Activate your link, receive evaluations and send results

## Part 2 · For the client

How to complete the evaluation in 10 minutes

### Team links

1. Sign up (only once)

[evaluacion.teamimpulso.org/registro](https://evaluacion.teamimpulso.org/registro)

2. Sign in to your dashboard

[evaluacion.teamimpulso.org/entrar](https://evaluacion.teamimpulso.org/entrar)

3. Guide for your clients

[evaluacion.teamimpulso.org/ayuda](https://evaluacion.teamimpulso.org/ayuda)

After you sign up, your personal client link is [evaluacion.teamimpulso.org/your-name](https://evaluacion.teamimpulso.org/your-name). You'll see it in your dashboard. This guide uses **Ana** as an example.

## PART 1

# For the coach

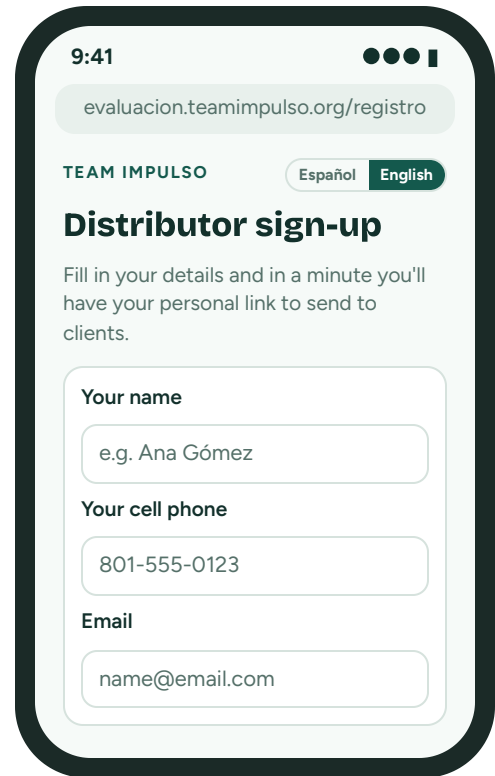
You do this only once, and in 2 minutes you have your personal link.

### 1 Open the sign-up page

From your phone or computer, go to:

[evaluacion.teamimpulso.org/registro](https://evaluacion.teamimpulso.org/registro)

**You need the team code.** Your leader gives it to you.



The screenshot shows a mobile phone screen with the following elements:

- Time: 9:41
- Address bar: [evaluacion.teamimpulso.org/registro](https://evaluacion.teamimpulso.org/registro)
- Language toggle: TEAM IMPULSO, Español, English (English is selected)
- Section title: Distributor sign-up
- Text: Fill in your details and in a minute you'll have your personal link to send to clients.
- Form fields:
  - Your name: e.g. Ana Gómez
  - Your cell phone: 801-555-0123
  - Email: name@email.com

9:42

evaluacion.teamimpulso.org/registro

Your name

Ana Gómez

Your cell phone

801-555-0123

Email

ana@correo.com

Your link

...teamimpulso.org/ana

PIN

....

Team code

.....

Create my link

## 2 Fill in your details and create your link

- **Name:** as your clients will see it.
- **Cell phone:** you use it to sign in to your dashboard.
- **Email:** you get an alert there every time a client completes the evaluation.
- **Your link:** it fills in with your name. You can change it.
- **PIN:** choose 4 to 6 numbers that are easy to remember.
- **Team code.**

Tap **Create my link**.

## 3 Share your link

You go straight to your dashboard. Your personal link, **evaluacion.teamimpulso.org/your-name**, is at the top with three buttons:

- **Copy link:** to paste it anywhere.
- **Copy invitation:** copies a ready-made message with your link.
- **Send by text:** opens your messages with the invitation already written.

**Tip:** put it in your Instagram and Facebook bio and your WhatsApp status.

9:43

evaluacion.teamimpulso.org/panel

Hi, Ana Gómez

Your client link

evaluacion.teamimpulso.org/ana

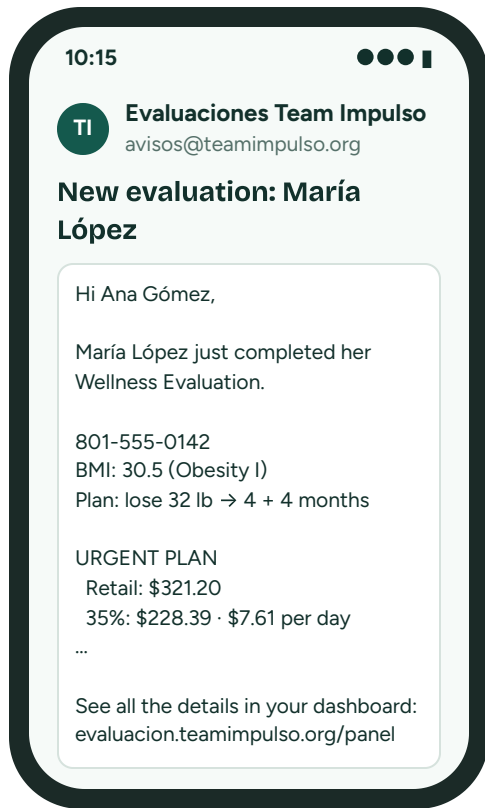
Copy link

Copy invitation

Send by text

Evaluations received

No evaluations yet.



## 4 Your client completes it and you get an alert

When a client finishes the evaluation, you get an **email** with their name, phone, BMI, plan in months and the prices.

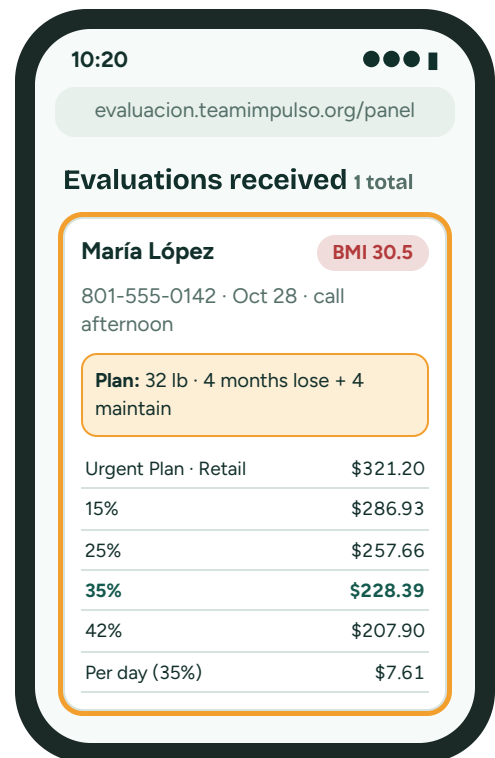
The email includes a direct link to your dashboard.

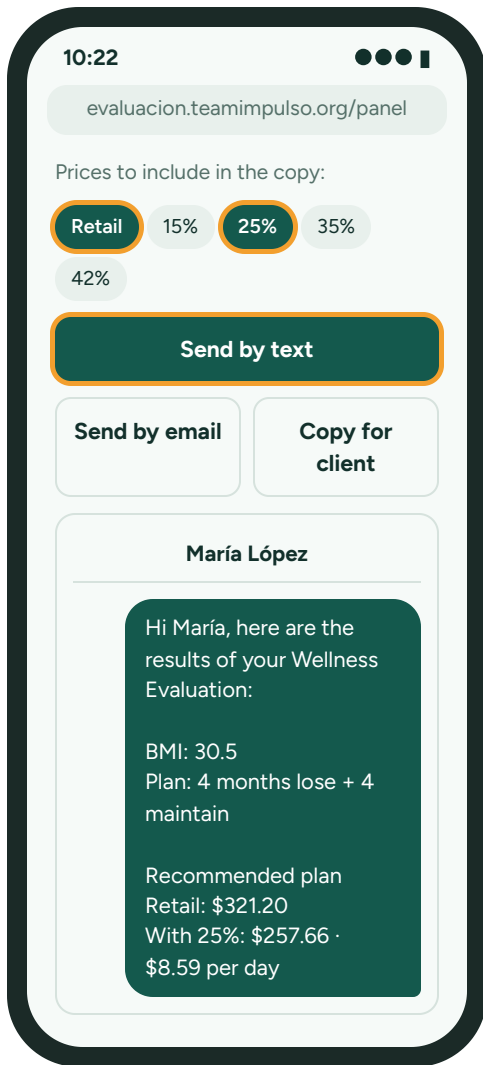
## 5 Sign in to your dashboard and open the evaluation

Go to [evaluacion.teamimpulso.org/entrar](https://evaluacion.teamimpulso.org/entrar) with your **cell phone** and your **PIN**.

Tap the client's name to see everything:

- Their details, BMI and plan in months.
- The **Urgent** and **Ideal** recommendation.
- Retail prices and 15, 25, 35 and 42% prices, per day and per serving.
- Their referrals.





## 6 Choose the prices and send their results

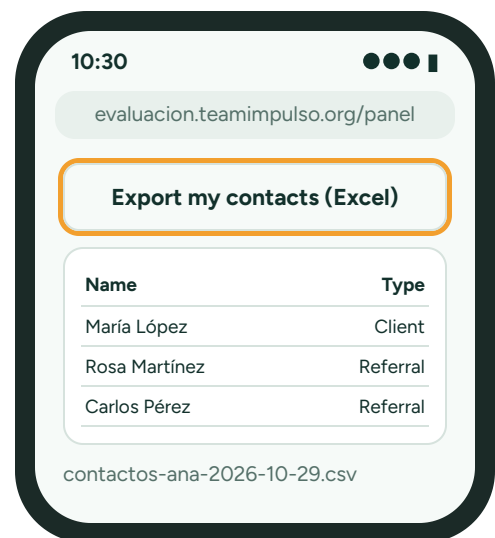
- Check the prices you want that client to see. For example, **Retail** and **25%**.
- Tap **Send by text**. Your messages open with their number and results already written. Just hit send.
- If they left an email, you can also tap **Send by email**.

**Important:** the client never sees discount prices you don't check.

## 7 Save your contacts to Excel

In your dashboard, tap **Export my contacts (Excel)**.

A file downloads with all your clients and their referrals: name, phone, email, best time to call and BMI.



## PART 2

# For the client

It takes about 10 minutes on a phone. No account or password needed.

Guide to send your client: [evaluacion.teamimpulso.org/ayuda](https://evaluacion.teamimpulso.org/ayuda)

### 1 Open your coach's link

Tap the link your coach sent you. Your coach's name shows at the top.

For Spanish, tap **Español** at the top right.

A screenshot of a mobile app interface showing a "Wellness Evaluation" form. At the top, the time is 7:06 and there are three dots and a battery icon. Below the status bar, the URL "evaluacion.teamimpulso.org/ana" is displayed. The form has a header "FREE EVALUATION" with two tabs: "Español" and "English". Below the header, it says "Your coach: Ana Gómez". The form has a progress bar with four segments, the first of which is filled. The form fields are: "Full name" (María López), "Phone" (801-555-0142), "Age" (42), "Height" (5 ft, 3 in), "Weight (lb)" (172), and "Goal (lb)" (140). At the bottom, there is a dark green button with the text "Next".

### 2 Enter your details

- Name, phone and email.
- Age and sex.
- Height in **feet** and **inches**, and your weight in **pounds**.
- Your goal weight, if you have one.

Tap **Next**.

### 3 Tap what applies to you

In the next steps you just tap options:

- What you eat for breakfast and drink during the day.
- What you'd like to improve: tiredness, cravings, digestion, stress and more.
- Your goals and how committed you are.

You can pick several options. The ones you choose turn green.

7:08

evaluacion.teamimpulso.org/ana

Step 3 of 5

What would you like to improve?

Tired during the day Cravings

Cellulite

Heartburn, gas, constipation

Bone pain Nerves or stress

Trouble sleeping

Blood pressure or cholesterol

Build muscle

Back Next

7:11

evaluacion.teamimpulso.org/ana

Step 5 of 5 · Optional

Gift this evaluation

Rosa Martínez Sister

801-555-0177

Name Relationship

☒ I agree to share my answers with my coach to receive my results and recommendations.

See my results

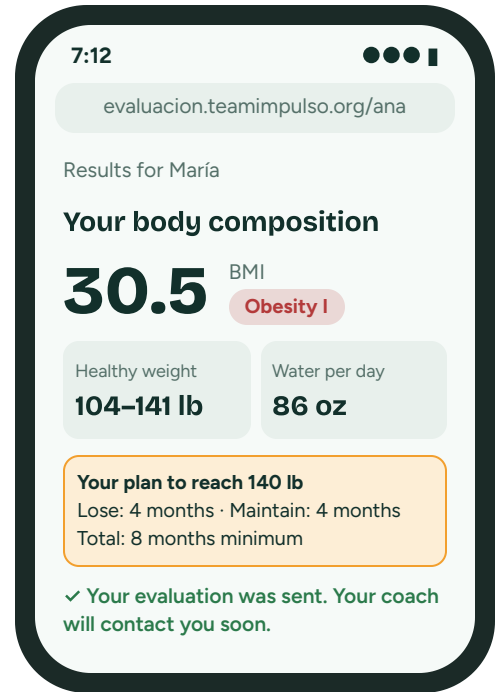
### 4 Gift the evaluation and send

- If you like, add the name and phone of people you'd like to gift this evaluation to. It's optional.
- Check the box **I agree to share my answers with my coach.**
- Tap **See my results.**

## 5 See your results right away

- Your **Body Mass Index (BMI)**.
- Your healthy weight range.
- How much water to drink per day.
- Your plan in months to lose and to maintain.

Your answers go to your coach, who will contact you with your recommended plan.



# Quick questions

## **I forgot my PIN**

Ask your leader to set a new one. Then you can change it in your dashboard.

## **I didn't get the alert**

Check your spam folder. You can change your email in your dashboard, under Email for alerts.

## **Does the client see my discounts?**

No. They only see the prices you check before sending their copy.

## **Does it work in Spanish?**

Yes. The client taps Español and everything changes, including the copy you send.