

#### 5 WAYS TO HOLD YOURSELF ACCOUNTABLE



### GYM OWNERS, PERSONAL TRAINERS, BOOTCAMP OWNERS & FITPROS...

This week we're looking at a different side of marketing, lead gen, sales

Today, we have 5 ways to hold yourself accountable When we used to work for someone else, it helped us to stay accountable, we had to report to someone else, they set our deadlines etc and this is what made our lives so much easier But as a self-employed person, this ALL changes

**Set Achievable Goals** 

**Set Tasks** 

**Tools & Softwares** 

Hire Some Help

**Reward Yourself** 





#### WHO IS DAVID KYLE?

Before we dive into the main reason you decided to download this guide, I wanted to give you a little bit of confidence that what I am writing about in this eBook works

Just like you, I have my own Fitness Business, DKnine Fitness, we have 5 full-time staff, and run both Small Group & Large Group sessions

As well as the gym, we also own FitPro Lead Generation, where we help FitPros around the world generate a consistent flow of daily leads for their fitness business, with paid advertising, organic marketing & many other forms of digital marketing.

Feel free to come and add me on Facebook or drop me a message with any questions you have.

David:)



#### Add David on Facebook





#### **ALMOST THERE...**

### There are 2 more things I wanted to mention before we get started with this eBook

The first is the FREE FitPro Facebook group we have, which currently has over 1200 members.

In here, we share the latest and most up to date content when it comes to Facebook Advertising, Social Media, Web Design & Digital marketing as a whole. Including, what is working for us at DKnine Fitness and what we have seen work for our Facebook Ads clients all around the world.

Simply click the link below to join.

**Finally**, you are going to get a number of emails from me over the next few days...

I put a FREE 7 part lead generation course together during lockdown in 2020, and have tagged them onto this eBook, to give you an even greater insight when it comes to lead generation for your fitness business.







#### **SET ACHIEVABLE GOALS**

It can be off putting when a goal is too large,

it can take too long and we can get demotivated QUICK.

So, we need to set realistic goals.

Can we get to 2k, 3k, 5k a month? You will reach them faster and that sense of achievement will motivate you





#### **SET TASKS**

These things HAVE to be done.

If they don't get done, your business could fall apart.

On the 1st of every month, we put our Tax and VAT into a special savings account

On the 8th of every month, we have to pay all of our staff – look at your MUST do tasks and make sure you're hitting them





#### **TOOLS & SOFTWARES**

Are you using your calendar? alarms? What other tools are out there?

Asana is great, you add everything in, you can assign tasks to staff members, you can add them to Asanas diary
Facebook business suite –

you can schedule all of your posts for the week in advance, its a great time saver





#### **HIRE SOME HELP**

Really struggling? Need accountability? Need some help?

Reach out to other business owners who have been in the position you are in right now

Loads of people out there are willing to give advice

Or hire someone to help you with mindset, someone to help you with ads, wherever you are lacking!





#### **REWARD YOURSELF**

Maybe you've hit your targets, reward yourself!!

Set that target and when you hit it, you will treat yourself to something you've wanted for a long time







### DID YOU ENJOY READING THIS FREE GUIDE...

#### Then let me introduce The FitPro Portal...

Here is Nicole Renee owner of Empower Fitness – Mystic CT a ladies only facility in Mystic, Connecticut giving her review of The FitPro Portal.

Nicole joined The FitPro Portal as she was just about to open her first studio, with the aim of generating leads, making sales & growing her fitness business.

One year on, Nicole has grown her studio to just over 60 clients.



Here is Simon Evans owner of C&S Fitness, Bridgwater giving her review of The FitPro Portal.

Simon joined The FitPro Portal having just opened his first studio, he now has 2 bustling studio with over 200

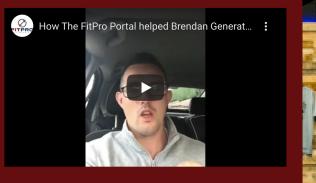
In 1 Year, Simon Has Gone From 130 Clients To 210



Here is Brendan Bonar owner of B Fit Training, Glasgow giving her review of The FitPro Portal.

Brendan joined The FitPro Portal with zero Facebook Ads experience, he has since been able to follow the ad set up vidoes & use the copy to generate leads.

Brendan Generate 3 x £169 Sales This Week, Off A £15 Ad Spend







## DESIGNED TO GIVE YOU A ROCK SOLID LEAD GENERATION PLAN FOR YOUR FITNESS BUSINESS

✓ We Start By Setting Up Your Fitness Business Lead Gen
Eco System - A Simple System That Will Take Your Admin Less
Than 10 Minutes Each Day To Manage, That Delivers Leads Each
& Every Day

✓ 3 Level Facebook Ads Course - Designed to take you from Novice to Master with step by step training on how to initially set up and how to maximise your ad spend for the best ROI for business growth

✓ Done For You Facebook Ads Copy - No more guessing or struggling with what to write, these Ad Copies have been tried and tested to deliver high-quality leads

✓ Monthly Social Media Calendar - Done for you, ready to go Social Media & Images templates that are designed to spark engagement & deliver you leads

Plus so much more...



Get 50% Off Your First Month By Using This Code On The Checkout Page:



# HERE ARE A FEW SUCCESS STORIES & RESULTS SO FAR FROM THE FITPRO PORTAL...



You've just killed me off with that 'send a quick email' thingy! I've just had 56 replies in about 6 minutes how the hell am I going to respond to those now...some of them current members but I've landed 14 new convos with prospect clients, cheers buddy



Tom Byrom ► The Portal - FitPro Web Design

8 mins · 🔄

Used the fit dad copy on the portal, asked for 10 dads and got 10 leads. (Busy day chasing them and converting them tomorrow) ... but from a £20 ad spend I can get a potential of £600 return. First time using ads as well! I'm more than happy with that.



Brendan Bonar Honestly, I signed up with the portal for the £1 for 7 days no problem there. I use just one of Davids posts for a Facebook ad that gained me 4 new clients at £175 PM EACH! With 3 more looking to start next week

It's a no brainier 🦪

Like · Reply · 41m · Edited



0+

#### **START YOUR 30 DAY TRIAL**

Get 50% Off Your First Month By Using This Code On The Checkout Page:



# HERE ARE A FEW SUCCESS STORIES & RESULTS SO FAR FROM THE FITPRO PORTAL...



I've had 4 enquiries in the last 8 hours after I posted a slightly tweaked version of your ad copy! If I convert just 1 of these, that will have paid for the social media management I opted for last night ...



Lee G PT ► The Portal - FitPro Web Design

7 mins · 🎛

Quick share this morning 3 simple ads off the portal.

No lead page funnel just fb lead ad with a Google form attached.

Just over 100quid spent so far on ads.

then text lee straight away on ......

6 Signs to my 6week program at £250 a time so far = 1250

Profit of 1150.

There's 21 leads just from the ads but from messages and the comments feed it say closer to 30. P.s I've found adding my number to the thank you page on fb lead ad with a simple can't wait to opt in

No even got hold of half the leads yet either. Most sign ups come from people commenting on the post then me messaging them direct or by sending a email with the offer then a call to sign up ...

I'm looking to get 50 members in my group by end of June .

Started on 39 on 31st may. I think I'll hit the 50th member by this weekend

I need a admin and sales caller







# HERE ARE A FEW SUCCESS STORIES & RESULTS SO FAR FROM THE FITPRO PORTAL...



#### Dean Chambers #

Thanks for the warm welcome. I know this KLT stuff really works. I've been digesting your emails and content **David Kyle** for at least a year and now here I am, on my way to conduct a group class at 5:50am and I haven't been this motivated to crack on with a course for some time. Looking forward to working with you all.

O 2

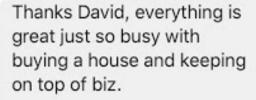
1h Love Reply

9:03 PM

So, ad has been up since 22nd, when I left for FL. I made 1350. so that is 6 sales. 5 challenges, 1 regular member. ad spent 37.50

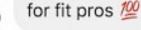
From one of The FitPro Portal ads?

Yes. I linked it up to zapier as well to get a text as well.



Portal is ace man I just wish I had more time to watch everything and implement everything- great resource for fit pros. 100







**START YOUR 30 DAY TRIAL**