



# checklist

## DIGITAL FITNESS LAUNCH

- 1. Understand Digital Fitness**
- 2. Choose Content Partner**
- 3. Create Digital Strategy**
- 4. Establish Goals**
- 5. Create Content Plan**
- 6. Add Wellness Content**
- 7. Team Education & Motivation**
- 8. Pre-Launch Marketing**
- 9. Be Patient**
- 10. Measure & Fine Tune**

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