

The GAINS Profile: (For your first 1-1)

Member's Name:		Date of Meeting:	
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G	Goals	Personal	
		Business	
A	Accomplishments	Personal	
		Business	
I	Interests	Personal	
		Business	
N	Networks	Personal	
		Business	
S	Skills	Personal	
		Business	

Please remember to record this 1-1 on the BNI App