	Form 5500-SF	yee	OMB Nos. 1210-0110 1210-0089								
	Department of the Treasury Internal Revenue Service	This form is required to be file	•	2010							
Er	Department of Labor nployee Benefits Security Administration	Retirement Income Security A	This Form is Open to Public								
Ρ	Pension Benefit Guaranty Corporation Inspection										
	Part I Annual Report Identification Information   For calendar plan year 2010 or fiscal plan year beginning 01/01/2010 and ending 12/31/2010										
	, , ,	single-employer plan		g	2/31/2						
	This return/report is for:		•	mployer plan (not multiemployer)		one-participant plan					
В	This return/report is for:	first return/report	final retur	•							
~		an amended return/report		year return/report (less than 12 mo	ntns)						
C	C Check box if filing under:										
De	Part II Basic Plan Information—enter all requested information										
	Name of plan	<b>nation</b> —enter all requested information	ation		1b	Three-digit					
	-	ED BENEFIT PLAN AND TRUST				plan number 001					
						(PN) ►					
					1c	Effective date of plan 01/01/2002					
	Plan sponsor's name and addre	ess (employer, if for single-employer	plan)		2b	Employer Identification Number (EIN) 91-1645557					
	TH 717 PINES ROAD				2c	Plan sponsor's telephone number 509-924-0955					
	KANE, WA 99216				2d	Business code (see instructions) 541990					
3a FOG	Plan administrator's name and LIO MOTIVATION, INC.	address (if same as Plan sponsor, e SOUTH 717	nter "Same	e")	3b	Administrator's EIN 91-1645557					
			<b>3c</b> Administrator's telephone numbe 509-924-0955								
<b>4</b> i	f the name and/or EIN of the pla	port filed for this plan, enter the	4b EIN								
		r from the last return/report. Sponso			4.0						
52	Total number of participants at	the beginning of the plan year				PN2					
b			5a 5b	2							
c		th account balances as of the end of			50						
	· · ·			· ·	5c						
	•	uring the plan year invested in eligib		. ,		Yes No					
b		e annual examination and report of a See instructions on waiver eligibility a				Yes 🗌 No					
	under 29 CFR 2520.104-46? (See instructions on waiver eligibility and conditions.)										
Pa	rt III Financial Informa	ation	1	1							
7	Plan Assets and Liabilities			(a) Beginning of Year	_	(b) End of Year					
a L				137367	י ר	854708					
b		(h fra - 1 / - 7 - )		137367	2	854708					
<u> </u>	· · · ·	b from line 7a)	- 7c		_						
8 a	Income, Expenses, and Transf Contributions received or recei			(a) Amount		(b) Total					
ŭ			. 8a(1)								
	(2) Participants		. 8a(2)								
	(3) Others (including rollovers)		. 8a(3)								
b				-37980	1	070001					
C		Ba(2), 8a(3), and 8b)	. 8c			-379801					
d		ollovers and insurance premiums	. 8d	13911	Э						
е	, ,	ive distributions (see instructions)									
f		s (salaries, fees, commissions)	-	50	)						
g	Other expenses	· · · · · · · · · · · · · · · · · · ·	. 8g								
h	Total expenses (add lines 8d, 8	3e, 8f, and 8g)				139169					
i	Net income (loss) (subtract line	8h from line 8c)	. 8i			-518970					
j	Transfers to (from) the plan (se	e instructions)	8j								

For Paperwork Reduction Act Notice and OMB Control Numbers, see the instructions for Form 5500-SF.

## Part IV Plan Characteristics

- **9a** If the plan provides pension benefits, enter the applicable pension feature codes from the List of Plan Characteristic Codes in the instructions: 1A 1G 1I
- **b** If the plan provides welfare benefits, enter the applicable welfare feature codes from the List of Plan Characteristic Codes in the instructions:

Part	V	Compliance Questions							
10	Dui	ing the plan year:		Yes	No		Amo	unt	
а		s there a failure to transmit to the plan any participant contributions within the time period described in CFR 2510.3-102? (See instructions and DOL's Voluntary Fiduciary Correction Program)	10a		Х				
b		re there any nonexempt transactions with any party-in-interest? (Do not include transactions reported line 10a.)	10b		Х				
С	Wa	as the plan covered by a fidelity bond?	10c	Х					30000
d		the plan have a loss, whether or not reimbursed by the plan's fidelity bond, that was caused by fraud dishonesty?	10d		Х				
е	insu	re any fees or commissions paid to any brokers, agents, or other persons by an insurance carrier, urance service or other organization that provides some or all of the benefits under the plan? (See ructions.)	10e		X				
f	Has	s the plan failed to provide any benefit when due under the plan?	10f		X				
g	Did	the plan have any participant loans? (If "Yes," enter amount as of year end.)	10g		X				
h		nis is an individual account plan, was there a blackout period? (See instructions and 29 CFR 20.101-3.)	10h						
i		0h was answered "Yes," check the box if you either provided the required notice or one of the eptions to providing the notice applied under 29 CFR 2520.101-3	10i						
Part	VI	Pension Funding Compliance							
11									
12	Is this a defined contribution plan subject to the minimum funding requirements of section 412 of the Code or section 302 of ERISA? 🗌 Yes 🕅 No							× No	
	(If "Yes," complete 12a or 12b, 12c, 12d, and 12e below, as applicable.)								
а	a If a waiver of the minimum funding standard for a prior year is being amortized in this plan year, see instructions, and enter the date of the letter ruling granting the waiver								
lf y	/ou (	completed line 12a, complete lines 3, 9, and 10 of Schedule MB (Form 5500), and skip to line 13.		-					
b	Ent	er the minimum required contribution for this plan year			12b				
С	Ent	er the amount contributed by the employer to the plan for this plan year			12c				
d		tract the amount in line 12c from the amount in line 12b. Enter the result (enter a minus sign to the left ative amount)			12d				
е	Will	the minimum funding amount reported on line 12d be met by the funding deadline?				Yes	N	0	N/A
Part	VII	Plan Terminations and Transfers of Assets							
13a	Has	a resolution to terminate the plan been adopted during the plan year or any prior year?						Yes	X No
		es," enter the amount of any plan assets that reverted to the employer this year			13a				
b Were all the plan assets distributed to participants or beneficiaries, transferred to another plan, or brought under the control of the PBGC?									
C	lf d	uring this plan year, any assets or liabilities were transferred from this plan to another plan(s), identify th ch assets or liabilities were transferred. (See instructions.)							
1	3c(1	) Name of plan(s):		13	c(2) El	N(s)	1	3c(3)	PN(s)
		· · · · · · · · · · · · · · · · · · ·						. /	. ,
Caut	ion:	A penalty for the late or incomplete filing of this return/report will be assessed unless reasonab			ostabl	ished			

Under penalties of perjury and other penalties set forth in the instructions, I declare that I have examined this return/report, including, if applicable, a Schedule SB or Schedule MB completed and signed by an enrolled actuary, as well as the electronic version of this return/report, and to the best of my knowledge and belief, it is true, correct, and complete.

SIGN	Filed with authorized/valid electronic signature.	10/14/2011	DON TUCKER
HERE	Signature of plan administrator	Date	Enter name of individual signing as plan administrator
SIGN			
HERE	Signature of employer/plan sponsor	Date	Enter name of individual signing as employer or plan sponsor

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	Form 5500-SF Short Form Annual Return/Report of Small Employee								
	Department of the Treasury Internal Revenue Service								
Em	Department of Labor ployee Benefits Security Administration	Department of Labor oyee Benefits Security Administration Retirement Income Security Act of 1974 (ERISA), and section 6058(a) of the Internal Revenue Code (the Code).							
P4	ension Benefit Guaranty Corporation	Complete all entries in acco	rdance with t	he instructions to the Form 5500	)-SF.	Inspection			
		entification Information	01/01/00	10		10/01/0010			
	calendar plan year 2010 or fisca		01/01/20			12/31/2010			
_	This return/report is for:	single-employer plan		ployer plan (not multiemployer)		one-participant plan			
B 1	This return/report is for:	first return/report	final return/						
		an amended return/report	short plan y	ear return/report (less than 12 mor	nths)	_			
C	Check box if filing under:	Form 5558	automatic e	extension		DFVC program			
12723 1 1000		special extension (enter descript	· · · · · · · · · · · · · · · · · · ·						
10 01 200	the descent of the	nation—enter all requested inforr	mation						
	Name of plan	Inc. Defined Benefit	Dlan an	4	1b	Three-digit plan number			
	-	Inc. Delined benefit	riali allo	u		(PN) ▶ 001			
	Trust				1c	Effective date of plan			
			_			01/01/2002			
2a	Plan sponsor's name and addre Foglio Motivation,	ess (employer, if for single-employe	er plan)		2b	Employer Identification Number (EIN) 91-1645557			
	South 717 Pines Roa	d			2c	Plan sponsor's telephone number (509)924-0955			
	Spokane			WA 99216	2d	Business code (see instructions) 541990			
	Plan administrator's name and	address (if same as Plan sponsor,	enter "Same")		3b	Administrator's EIN			
	SAME				0.				
					30	Administrator's telephone number (509) 924-0955			
<b>4</b> I	f the name and/or EIN of the pla	in sponsor has changed since the l	ast return/rep	ort filed for this plan, enter the	4b	EIN			
1	name, EIN, and the plan numbe	r from the last return/report. Spons	sor's name	•	4				
	Total number of participants at	the beginning of the plan year			4c				
		the beginning of the plan year			5a	2			
		the end of the plan year			5b	2			
с ——		th account balances as of the end		· ·	5c				
	-	uring the plan year invested in eligi				X Yes 🗌 No			
D	, ,	ne annual examination and report on See instructions on waiver eligibility			· · · /	X Yes No			
		er 6a or 6b, the plan cannot use							
Pa	rt III Financial Informa								
7	Plan Assets and Liabilities			(a) Beginning of Year		(b) End of Year			
а	Total plan assets		<b>7</b> a	1,373,67	8	854,708			
b	Total plan liabilities		<u>7b</u>						
C	Net plan assets (subtract line 7	b from line 7a)		<u> </u>	8	854,708			
8	Income, Expenses, and Transf			(a) Amount		(b) Total			
а	Contributions received or received	vable from:	8a(1)						
		)			100				
b				(379,801	7				
c	· · · ·	8a(2), 8a(3), and 8b)		(0.0)001	1	(379,801)			
d	Benefits paid (including direct i	rollovers and insurance premiums		139,11	9				
е		ive distributions (see instructions).		, <i>, , , , , , , , , ,</i>					
f		s (salaries, fees, commissions)		5	0				
g									
9 h		8e, 8f, and 8g)				139,169			
i	•	e 8h from line 8c)				(518,970)			
i		ee instructions)			23				
		OMB Control Numbers, see the instruc	٥J			Eorm 5500-SE (2010)			

For Paperwork Reduction Act Notice and OMB Control Numbers, see the instructions for Form 5500-SF

Form 5500-SF (2010) v.092308.1

	IV Plan Characteristics   If the plan provides pension benefits, enter the applicable pension feature codes from the List of Plan Chara   1A 1G 3H   If the plan provides welfare benefits, enter the applicable welfare feature codes from the List of Plan Chara						
Part   10	V Compliance Questions		Yes	No		Amol	Int
	Was there a failure to transmit to the plan any participant contributions within the time period described in 29 CFR 2510.3-102? (See instructions and DOL's Voluntary Fiduciary Correction Program)	10a	-03	x	'		<u></u>
b	Were there any nonexempt transactions with any party-in-interest? (Do not include transactions reported on line 10a.)	10b		x			
с	Was the plan covered by a fidelity bond?	10c	х				13
d	Did the plan have a loss, whether or not reimbursed by the plan's fidelity bond, that was caused by fraud or dishonesty?	10d		x			
e	Were any fees or commissions paid to any brokers, agents, or other persons by an insurance carrier, insurance service or other organization that provides some or all of the benefits under the plan? (See instructions.)	10e		x			
f	Has the plan failed to provide any benefit when due under the plan?	10f		х			
g	Did the plan have any participant loans? (If "Yes," enter amount as of year end.)	10a		x			
h	If this is an individual account plan, was there a blackout period? (See instructions and 29 CFR 2520.101-3.)	10h		x			
i	If 10h was answered "Yes," check the box if you either provided the required notice or one of the exceptions to providing the notice applied under 29 CFR 2520.101-3	10i					
Part	VI Pension Funding Compliance						
11	Is this a defined benefit plan subject to minimum funding requirements? (If "Yes," see instructions and com 5500))						Yes
12	Is this a defined contribution plan subject to the minimum funding requirements of section 412 of the Code (If "Yes," complete 12a or 12b, 12c, 12d, and 12e below, as applicable.)						Yes
	If a waiver of the minimum funding standard for a prior year is being amortized in this plan year, see instru					- 1-44	

130,000

Yes X No Yes X No

С	Enter the amount contributed by the employer to the plan for this plan year	12	2c					
đ	Subtract the amount in line 12c from the amount in line 12b. Enter the result (enter a minus sign to the left of a negative amount)	1	2d					
е	Will the minimum funding amount reported on line 12d be met by the funding deadline?		[	Yes	N	0	N/A	
Part	Part VII Plan Terminations and Transfers of Assets							
13a	Has a resolution to terminate the plan been adopted during the plan year or any prior year?				Х	Yes	No	
	If "Yes," enter the amount of any plan assets that reverted to the employer this year		3a					
b	b Were all the plan assets distributed to participants or beneficiaries, transferred to another plan, or brought under the control of the PBGC?						X No	
С	C If during this plan year, any assets or liabilities were transferred from this plan to another plan(s), identify the plan(s) to which assets or liabilities were transferred. (See instructions.)							
	3c(1) Name of plan(s):	13c(2	2) EIN	l(s)	1	3c(3)	PN(s)	

Caution: A penalty for the late or incomplete filing of this return/report will be assessed unless reasonable cause is established.

Under penalties of perjury and other penalties set forth in the instructions, I declare that I have examined this return/report, including, if applicable, a Schedule SB or Schedule MB completed and signed by an enrolled actuary, as well as the electronic version of this return/report, and to the best of my knowledge and belief, it is true, correct, and complete.

SIGN	To-th-	10/11/11	Don Tucker				
1. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1	Signature of plan administrator	Date	Enter name of individual signing as plan administrator				
SIGN							
	Signature of employer/plan sponsor	Date	Enter name of individual signing as employer or plan sponsor				