



Instructions – How to Use This Guide

In this guide, you will find shareable social media posts, including tips, recipes, videos*, and more, that correspond to each week of your P90X2 Challenge Group. These are suggested posts to help you manage your group, but feel free to mix them up to suit the needs of your team.

Take these steps before your Group starts:

1. Create a Challenge Group using the [My Challenge Tracker Coach Portal](#), and invite your participants to download the My Challenge Tracker App. Alternatively, you can set up a private Facebook[®] group.
2. Review the [Product Training Guide](#) for all the information you need to know about P90X2, including recommendations on products and nutrition, to ensure your group's ultimate success.
3. Share this [message from Tony](#) with your challengers.
4. Post Week 0 topics to your group's wall.

NOTE REGARDING LINKS:

This Challenge Group Guide contains links to products, tools, and resources on TeamBeachbody.com. To ensure you receive credit for any sales made through these links, simply append the following text shown in bold (inserting your OWN Coach repID) to the end of the URL: **?referringRepld=[yourID]**

Example for Coach with repID of 2422 linking to P90X2[®] page:

<http://www.teambeachbody.com/shop/-/shopping/P90X2?referringRepld=2422>

TRAINER VIDEOS:

Here is a list of all the weekly videos from Tony to motivate and guide your group through the journey. They are listed here so you have easy access to the links, but they are also listed in the weekly posts.

Week 1 - <http://youtu.be/R28p4sDk2eA>

Week 2 - <http://youtu.be/wPTilqSkIL0>

Week 3 - http://youtu.be/1759V_fFc00

Week 4 - <http://youtu.be/1rux5i5YwJU>

Week 5 - <http://youtu.be/-IBzj2Dgi8s>

Week 6 - <http://youtu.be/sQ6xXiwt8M0>

Week 7 - <http://youtu.be/KJ0sWTZ7PKE>

Week 8 - <http://youtu.be/rQ4IXZfY4gs>

Week 9 - <http://youtu.be/ug0yPyyi7VA>

Week 10 - <http://youtu.be/dHPadkDaAd4>

Week 11 - <http://youtu.be/aU4Fxsq37Bk>

Week 12 - <http://youtu.be/tZyNyBT7hH4>

Week 13 - <http://youtu.be/OkTCwLYkxVI>

**All trainer videos are also available in the Video Library in the Coach Online Office.*



Week 0 (Leading up to Day 1)

Day of Week	Topic	Facebook Posts (Copy and Paste)
Day 1	Get Started Tip	<p>Open your P90X2 program, review the materials, and be sure to:</p> <ul style="list-style-type: none"> * Read the P90X2 Fitness Guide. * Read the P90X2 Nutrition Guide. As Tony says, nutrition is 50% of the equation. * Make sure you have the tools you need for success: dumbbells or resistance bands and a way to do pull-ups. I also recommend the Chin-Up Max to help you work up to more pull-up reps: http://teambeachbody.com/shop/-/shopping/Chin-UpMax.
Day 2	"Before" Pictures and Measurements	<p>Don't forget to take your "before" pictures and measurements, and record them in your App or in your Fitness Guide. Be sure to "like" this post after you've done it!</p> <p>Also be sure to join the Beachbody Challenge by submitting your before & after pictures at the end of the 90 days. You'll receive a FREE T-shirt and be entered for a chance to win cash & other prizes!</p>
Day 3	Schedule	<p>Choose your daily Monday through Saturday workout schedule, and either auto-schedule with your App or block off those times on your calendar.</p>
Day 4	Fit Test	<p>Take the Fit Test and record your results. You can use the P90X App for iPhone, your worksheets, or your Fitness Guide.</p>
Day 5	Beachbody Challenge [™] Contest	<p>Log on to www.BeachbodyChallenge.com and sign up to take the Challenge. You'll get a FREE T-shirt at the end of the program and have a chance to win cash and prizes! Click "like" after you've signed up!</p>
Day 6	Team Beachbody Club	<p>If you haven't yet received your program and are wondering, "What do these workouts look like?" or "What am I going to be eating for the next few weeks?" check out the Team Beachbody Club. Once you enroll and log in, you'll be able to access Beachbody On Demand, where you can stream all your workouts and check out your program materials (including your meal guide) in one place.</p> <p>Click here to log in: http://club.teambeachbody.com/login/ (Subscription fees apply. See website for full details.)</p>



Week 1 Schedule

Day 1: X2 Core

Day 2: Plyocide

Day 3: Rest or X2 Recovery + Mobility

Day 4: X2 Total Body and X2 Ab Ripper

Day 5: X2 Yoga

Day 6: X2 Balance + Power

Day 7: Rest or X2 Recovery + Mobility

Day of Week	Topic	Facebook Posts (Copy and Paste)
Day 1	Video	Take a look at this video from Tony for Week 1! http://youtu.be/R28p4sDk2eA
Day 2	Nutrition	With P90X2 you're sweating, you're flushing out toxins, you're building new muscle. You're burning through your body's fluids like crazy, so you need to replenish. Divide your body weight in pounds in two and drink that number of ounces daily. So if you weigh 200 pounds, drink 100 ounces of water a day.
Day 3	Fitness Tip	To help with your balance, pick a spot at eye level 3 to 5 feet in front of you to gaze at while you're doing the balance moves in P90X2. Finding something consistent to look at will help improve your balance. In yoga, this is referred to as your Drishti, or your gazing point. Your gaze should help center you and bring stability in the midst of instability.
Day 4	Success Story	Check out this video of Matthew M. as he documents improvements in his balance and stability from day 1 to day 22: http://www.youtube.com/watch?v=Gc5yY-WCQyA
Day 5	Shakeology®	Try these yummy Shakeology recipes! Coconut Banana Oat <ul style="list-style-type: none"> ○ 1 scoop Chocolate Shakeology ○ 1 cup coconut water ○ 1/2 banana ○ 2 Tbsp. instant oats Berry Blast <ul style="list-style-type: none"> ○ 1 scoop Greenberry Shakeology ○ 1/2 cup berry medley ○ 1 cup almond milk ○ 1 tsp. honey
Day 6	Motivation	Awesome job on completing Week 1! You should be so proud of yourself for getting through this week . . . I know it wasn't easy. How is everyone feeling? At this point, you should create a list of goals that you'd like to attain at the end of 90 days. It is always easier to find your destination with a road map.



Week 2 Schedule

Day 1: X2 Core

Day 2: Plyocide

Day 3: Rest or X2 Recovery + Mobility

Day 4: X2 Total Body and X2 Ab Ripper

Day 5: X2 Yoga

Day 6: X2 Balance + Power

Day 7: Rest or X2 Recovery + Mobility

Day of Week	Topic	Facebook Posts (Copy and Paste)
Day 1	Video	Check out this video from Tony to get you started with Week 2! http://youtu.be/wPTilqSkIL0
Day 2	Nutrition	You may be wondering when the best time is to drink Shakeology® during your P90X2 day. One of the beautiful things about Shakeology is how versatile it is. Because it helps you digest anything you consume along with it, there isn't really a wrong time to have it. Ideally, its best slot in an Xer's day as a preworkout snack, taken about 1 hour prior to your warm-up. Then your workout will help you get the most out of Shakeology, and the Shakeology will help you during the latter part of your workout, especially if your glycogen stores have been depleted slightly. Shakeology can also be effective postworkout or any time during the day when your energy's flagging and you need a pick-me-up. Or you can make Shakeology smoothies and simply replace your meals. Basically, you can't go wrong.
Day 3	Fitness Tip	What's all the fuss about foam rolling? Foam rolling is a form of self-massage that forces your muscles to rid themselves of adhesions and align properly. Used regularly, it'll increase your mobility and range of motion and actually help you get stronger, because it frees your muscles to work the way they're supposed to. This one simple practice is often enough to change your alignment and allow you to move freely and easily.
Day 4	Engagement Question	Need more energy before a workout? Beachbody's E&E Energy and Endurance Formula™ is a powerful preworkout drink that is scientifically formulated to dramatically improve your energy, endurance, strength, and focus to help you take your workout to the next level. http://teambeachbody.com/shop/-/shopping/EandETub
Day 5	Shakeology	Try this yummy Shakeology recipe! Banana Oatmeal: <ul style="list-style-type: none"> ○ 1 scoop Chocolate Shakeology ○ 1 cup almond milk ○ 1/2 banana ○ 1/4 cup yogurt (preferably Greek yogurt flavored with honey) ○ 1/4 cup cooked oatmeal ○ 1 Tbsp. almonds, chopped ○ 1 cup ice
Day 6	Motivation	Great work, team! Way to power through Week 2. How is everyone feeling?

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Week 3 Schedule

Day 1: X2 Core

Day 2: Plyocide

Day 3: Rest or X2 Recovery + Mobility

Day 4: X2 Total Body and X2 Ab Ripper

Day 5: X2 Yoga

Day 6: X2 Balance + Power

Day 7: Rest or X2 Recovery + Mobility

Day of Week	Topic	Facebook Post (Copy and Paste)
Day 1	Video	Watch what Tony has to say this week! http://youtu.be/1759V_fFcO0
Day 2	Fitness Tip	Time, Practice, Patience This is the week to practice, practice, practice, and perfect those moves that you should be very familiar with. Remember, getting the proper form down is essential to maximizing your results!
Day 3	Nutrition	Water consumption tied to your workout: In order to have the proper amount of fluids while you work out, follow this very simple guide to know when you should be drinking your water leading up to and during your workout: 12 oz. – 2 hours prior to your workout 8 to 12 oz. – 15 to 30 minutes before starting your workout 4 to 8 oz. – Drink this amount every 15 minutes DURING your workout
Day 4	Engagement Question	What's your favorite workout so far?
Day 5	Shakeology	Try this yummy Shakeology® recipe! Berry Surprise <ul style="list-style-type: none"> ○ 1 scoop Tropical Strawberry Shakeology ○ 1 cup unsweetened almond milk ○ 1/2 cup berry medley ○ 1 banana
Day 6	Motivation	Way to go, everyone—we are through Week 3! How is everyone feeling? Don't forget, next week is a Recovery Week! If you don't need a full week to recover, that's OK! You have a second option of continuing Phase 1 for part or most of the next week. Just make sure to leave a little time to recover before the start of Phase 2!

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Week 4 Schedule – Recovery Week 1 (or repeat Week 3 if you don't need a full recovery)

- Day 1: X2 Recovery + Mobility
- Day 2: X2 Yoga
- Day 3: X2 Recovery + Mobility
- Day 4: X2 Yoga
- Day 5: X2 Recovery + Mobility
- Day 6: X2 Yoga
- Day 7: Rest or X2 Recovery + Mobility

Day of Week	Topic	Facebook Post (Copy and Paste)
Day 1	Video	Welcome to our first Recovery Week. http://youtu.be/1rux5i5YwJU
Day 2	Fitness Tip	You should take at least a few recovery days between each phase, but how many is up to you. If you're feeling great and want to perfect some of the key balance moves in Phase 1, do a hybrid (mix of Phase 1 workouts and recovery). If you feel like you need to take some time to recover in preparation for Phase 2, take a full week of recovery. It is up to you—that's the beauty of P90X2; you can tailor it to your specific needs!
Day 3	Nutrition	Never tried quinoa? It's a rich source of protein that's delicious even for breakfast! Combine 1 cup of almond, rice, or skim milk with 1 cup of water and 1 cup of organic quinoa (rinsed) in a medium saucepan. Bring to a boil over high heat. Reduce heat to medium low; cover and simmer 15 minutes or until most of the liquid is absorbed. Turn off heat and let stand covered for 5 minutes. Stir in 2 cups of fresh berries, 1 tsp. of vanilla, and 1 tsp. of ground cinnamon, and transfer to bowls and top with nuts. Drizzle 1 tsp. of your preferred sweetener over each serving. This recipe will make 4 servings.
Day 4	Fitness Tip	At this point, you may be noticing even greater improvements in your overall flexibility, core strength, and stability. Also, make sure to give your body enough rest and recovery so you're ready to begin Phase 2 next week!
Day 5	Shakeology	Try this yummy Shakeology® recipe! Espresso Cinnamon <ul style="list-style-type: none"> ○ 1 scoop Chocolate Shakeology ○ 1 shot chilled espresso or coffee ○ Add water to taste ○ 1 tsp. cinnamon
Day 6	Motivation	"The harder you work, the harder it is to surrender."—Vince Lombardi Keep the hard work coming as we begin Phase 2 next week!

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Week 5 Schedule



Day 1: Chest + Back + Balance and X2 Ab Ripper / V Sculpt and X2 Ab Ripper (optional choice)

Day 2: Plyocide

Day 3: Rest or X2 Recovery + Mobility

Day 4: X2 Shoulders + Arms and X2 Ab Ripper / X2 Chest + Shoulders + Tris and X2 Ab Ripper (optional choice)

Day 5: X2 Yoga

Day 6: Base + Back and X2 Ab Ripper

Day 7: Rest or X2 Recovery + Mobility

Day of Week	Topic	Facebook Post (Copy and Paste)
Day 1	Video	Welcome to Phase 2! http://youtu.be/-IBzj2Dgi8s We're now learning new moves and doing challenging new workouts—don't get discouraged if they seem out of reach at first. As we continue to do them over the next few weeks, you'll learn the moves, and you'll continue to see your body improve and your strength increase.
Day 2	Success Story	Check out this testimonial from 42-year-old John T. If you're having any doubts about what P90X2 [®] will do for you, see what it did for John! "My balance and flexibility have improved exponentially. I'm stronger, fitter, faster, and have more stamina . . . Since I completed P90X2, I can run half marathon distances on command and I've signed up for half marathons and Spartan Beast races."
Day 3	Nutrition	One of the biggest struggles people have is finding healthy, filling snacks that can help fuel workouts and carry us over to the next meal. Has anyone tried the P90X Peak Performance Protein Bars? http://TeamBeachbody.com/shop/-/shopping/PROTEINBARS . They provide 20 grams of fast-acting protein, along with carbohydrates to help keep energy levels high. The bars are available in Chocolate Fudge, Café Mocha, Chocolate Peanut Butter, and Wildberry Yogurt, and are a convenient and healthy way to stay fueled on the go.
Day 4	Fitness Tip	New workout today! How did everyone like X2 Shoulders + Arms? Did anyone try X2 Chest + Shoulders + Tris?
Day 5	Shakeology	Try these yummy Shakeology [®] recipes! Almond Dream <ul style="list-style-type: none"> ○ 1 scoop Tropical Strawberry Shakeology ○ 1 Tbsp. almond butter ○ 1 cup almond milk Pineapple Pucker <ul style="list-style-type: none"> ○ 1 scoop Greenberry Shakeology ○ 1 cup pineapple juice
Day 6	Motivation	Starting a new Phase is always tough, and I know this week was. Great work. How is everyone feeling?

Week 6 Schedule

Day 1: Chest + Back + Balance and X2 Ab Ripper / V Sculpt and X2 Ab Ripper (optional choice)

Day 2: Plyocide

Day 3: Rest or X2 Recovery + Mobility

Day 4: X2 Shoulders + Arms and X2 Ab Ripper / X2 Chest + Shoulders + Tris and X2 Ab Ripper (optional choice)

Day 5: X2 Yoga

Day 6: Base + Back and X2 Ab Ripper

Day 7: Rest or X2 Recovery + Mobility

Day of Week	Topic	Facebook Post (Copy and Paste)
Day 1	Video	Check out this week's video from Tony! http://youtu.be/sQ6xXiwt8M0
Day 2	Engagement Question	<p>What move(s) are you finding most challenging? Is anyone using the Chin-Up Max? http://TeamBeachbody.com/shop/-/shopping/Chin-UpMax</p> <p>This is a great tool to help get you through all those pull-ups in Chest + Back + Balance!</p>
Day 3	Fitness Tip	Engagement, not momentum—keep this in mind as you perform the balance- and weight-based movements in P90X2. Easy in theory, but challenging in practice . . . but it will be worth it in the end as you develop a stronger, fitter body!
Day 4	Nutrition	Serious exercisers, like those of us doing P90X2 [®] , want to excel at everything we do. Intense exercise, as beneficial as it is, can put the body in a state of stress. The best way to combat this stress is to take P90X Peak Health Formula http://TeamBeachbody.com/shop/-/shopping/P90XPeakHealth . The combination of vitamins, minerals, and antioxidants is an insurance policy toward wellness.
Day 5	Shakeology	<p>Try this yummy Shakeology[®] recipe!</p> <p>Date Shake</p> <ul style="list-style-type: none"> ○ 1 scoop Chocolate Shakeology ○ 1 cup unsweetened almond milk ○ 1/2 cup plain yogurt ○ 1 tsp. almond butter ○ 2 pitted dates
Day 6	Motivation	We're halfway there! How is everyone feeling?



Week 7 Schedule

Day 1: Chest + Back + Balance and X2 Ab Ripper / V Sculpt and X2 Ab Ripper (optional choice)

Day 2: Plyocide

Day 3: Rest or X2 Recovery + Mobility

Day 4: X2 Shoulders + Arms and X2 Ab Ripper / X2 Chest + Shoulders + Tris and X2 Ab Ripper (optional choice)

Day 5: X2 Yoga

Day 6: Base + Back and X2 Ab Ripper

Day 7: Rest or X2 Recovery + Mobility

Day of Week	Topic	Facebook Post (Copy and Paste)
Day 1	Video	See what Tony has to say this week! http://youtu.be/KJ0sWTZ7PKE
Day 2	Nutrition	It is important to follow a regular eating schedule. First, it keeps your blood sugar stable instead of peaking and crashing, which can lead to overeating and a general poor feeling. Second, regular meals will speed up your metabolism by challenging it to keep processing calories, rather than sharing them in a game of "feast or famine."
Day 3	Engagement Question	What's your favorite Phase 2 workout? How about your favorite Phase 2 move?
Day 4	Success Story	Read how P90X2 helped Teresa M. gain the confidence to expand her athletic activity! "P90X2 has improved my skills as a dancer—since completing the program, my balance is improved, my leaps are higher, and my movements are sharper. At a recent dance recital, I was told how athletic my dancing was and how ripped I looked on stage! P90X2 has made me feel stronger and more confident to the point where I'm excited to get out on the volleyball court or bike trail without thinking twice about it."
Day 5	Shakeology	Try this yummy Shakeology recipe! Creamy Cantaloupe <ul style="list-style-type: none"> ○ 1 scoop Tropical Strawberry Shakeology ○ 1 cup rice milk ○ 1/2 cup cantaloupe chunks
Day 6	Motivation	Great work, everyone—we are through Week 7! How is everyone feeling? Don't forget, next week is another Recovery Week! As a reminder, if you don't need a full week to recover, that's OK! You have a second option of continuing Phase 2 for part of the next week, but be sure to spend at least a couple days recovering before we start Phase 3 next week!



Week 8 Schedule – Recovery Week 2 (or repeat Week 7 if you don't need a full recovery)

Day 1: X2 Recovery + Mobility

Day 2: X2 Yoga

Day 3: X2 Recovery + Mobility

Day 4: X2 Yoga

Day 5: X2 Recovery + Mobility

Day 6: X2 Yoga

Day 7: Rest or X2 Recovery + Mobility

Day of Week	Topic	Facebook Post (Copy and Paste)
Day 1	Video	Take a look at Tony's message for this week. http://youtu.be/rQ4IXZfY4gs
Day 2	Nutrition	<p>Need a good vegetarian dish? Try some delicious veggie fajitas!</p> <p>Heat 1 Tbsp. olive oil in a skillet over medium heat. Sauté 1/2 thinly sliced yellow onion and 8 oz. of crumbled organic tempeh until slightly brown.</p> <p>Cut 1 large portobello mushroom into cubes and add to skillet. Cook for a few more minutes until juices are released.</p> <p>Add 1/2 red bell pepper and 1/2 green bell pepper (both seeded and thinly sliced), 1/2 zucchini (cut into 1/2-inch strips), 1/2 tsp. cumin, 1/2 tsp. oregano, and 2 tsp. chili powder. Stir until well mixed then cover skillet to steam veggies for 5 to 7 minutes.</p> <p>Remove from pan and serve on whole wheat or corn tortillas with salsa, sea salt, and chopped cilantro.</p> <p>Will fill 6 yellow corn tortillas.</p>



Day of Week	Topic	Facebook Post (Copy and Paste)
Day 3	Engagement Question	Where did you see the most progress going through Phase 2?
Day 4	Fitness Tip	You are about to start Phase 3, which means time for P.A.P.! Click on the video link below to learn from Dr. Marcus Elliott himself exactly what P.A.P. is! http://www.beachbody.com/product/p90x-online/nl/p90xnl_114.do#video
Day 5	Shakeology	Try this yummy Shakeology recipe! Pumpkin Pie <ul style="list-style-type: none"> ○ 1 scoop Chocolate Shakeology ○ 1/2 cup unsweetened canned pumpkin ○ 1/2 tsp. cinnamon ○ 1/2 tsp. nutmeg ○ 1 cup skim milk
Day 6	Motivation	"Excellence is the gradual result of always striving to do better."—Pat Riley



Week 9 Schedule

- Day 1: P.A.P. Lower
- Day 2: P.A.P. Upper
- Day 3: X2 Yoga
- Day 4: Rest or X2 Recovery + Mobility
- Day 5: P.A.P. Lower
- Day 6: P.A.P. Upper
- Day 7: Rest or X2 Recovery + Mobility

Day of Week	Topic	Facebook Post (Copy and Paste)
Day 1	Video	Welcome to Phase 3! http://youtu.be/ug0yPyyi7VA
Day 2	Nutrition	When people get toward the end of a program, they often start reducing calories to get even greater results. This is the exact opposite of what you want to do when beginning Phase 3 of P90X2. P.A.P. workouts require carbohydrates for quick energy, protein for muscle rebuilding, and fats to maintain hormone levels. Make sure you stick to your diet plan.
Day 3	Fitness Tip	P.A.P. is all about creating more explosive strength and speed in any athletic endeavor. This is a very different kind of training and might seem advanced at this stage of the program. Be patient with yourself initially—changes will happen very quickly.
Day 4	Success Story	<p>P90X2® can even push a U.S. Marine to improve his overall performance. Check out the testimonial below from Darren A.</p> <p>"As a U.S. Marine I participate in regular physical training (PT) with an obstacle course. This entails jumping over wooden walls and horizontal log obstacles, high metal bars, and climbing ropes. The gains in strength and specifically my vertical jump have increased my ability and speed while negotiating all of these obstacles. As for recreation, I play court and beach volleyball. I am also only 5'6" which is VERY short for that game. P90X2 allowed me to increase my vertical leap while playing volleyball by at least 7 inches! This has supercharged my game and effectiveness on the court and on the beach. Those are truly INCREDIBLE for a 39-year-old who's just proven that age doesn't mean JACK!"</p>
Day 5	Shakeology	<p>Try this yummy Shakeology® recipe!</p> <p>Harvest Pie</p> <ul style="list-style-type: none"> ○ 1 scoop Tropical Strawberry Shakeology ○ 1 cup rice milk ○ 2 Tbsp. walnut pieces ○ 1/2 tsp. cinnamon
Day 6	Motivation	Like this post if you took your day 60 photos. Does anyone have results they are comfortable sharing?



Week 10 Schedule

Day 1: P.A.P. Lower

Day 2: P.A.P. Upper

Day 3: X2 Yoga

Day 4: Rest or X2 Recovery + Mobility

Day 5: P.A.P. Lower

Day 6: P.A.P. Upper

Day 7: Rest or X2 Recovery + Mobility

Day of Week	Topic	Facebook Post (Copy and Paste)
Day 1	Video	Watch what Tony has to say about Week 10! http://youtu.be/dHPadkDaAd4
Day 2	Engagement Question	What junk food have you stopped craving since you started drinking Shakeology?
Day 3	Engagement Question	What's your favorite workout NOW?
Day 4	Fitness Tip /Challenge	P.A.P. will give you greater stabilization, strength, range of motion, and speed. This in the end will create greater athletic performance in everything you do. As an added challenge this week, try a new outdoor activity such as hiking, riding a bike, or climbing a mountain. You will be surprised at the difference in your performance level.
Day 5	Shakeology	Try this yummy Shakeology recipe! Chocolate Minty <ul style="list-style-type: none"> ○ 1 scoop Chocolate Shakeology ○ 1 cup rice milk ○ 2 to 3 drops of mint extract
Day 6	Motivation	What's your greatest accomplishment so far?

Week 11 Schedule

Day 1: P.A.P. Lower

Day 2: P.A.P. Upper

Day 3: X2 Yoga

Day 4: Rest or X2 Recovery + Mobility

Day 5: P.A.P. Lower

Day 6: P.A.P. Upper

Day 7: Rest or X2 Recovery + Mobility

Day of Week	Topic	Facebook Post (Copy and Paste)
Day 1	Video	Check out Tony's message this week! http://youtu.be/aU4Fxsq37Bk
Day 2	Nutrition	The kind of intense exercise that is in P.A.P. requires stable blood sugar. Refined carbohydrates and sugars like those in bread, soda, juice, and processed foods might give you an initial burst of energy, but will leave you feeling depleted very quickly. Stick to foods high in fiber and lower on the glycemic index.
Day 3	Fitness Tip	This is your last week of Phase 3 and P.A.P. workouts. Now that you're at the end, don't hold anything back at this point. Bring all you have in the tank and see what you're made of.
Day 4	Engagement Question	Go back and visit the goals you had at the start of the program. What have you achieved? What do you have left to achieve? What can you accomplish in the next week that we have left?
Day 5	Shakeology	Try this yummy Shakeology® recipe! Key Lime Dream <ul style="list-style-type: none"> ○ 1 scoop Greenberry Shakeology ○ Juice of 1 lime ○ 1 Tbsp. honey ○ 1 cup skim milk
Day 6	Engagement Question	The hard part is over! Just one Recovery Week to go. Rock on, everyone.



Week 12 Schedule – Recovery Week 3 (or repeat Week 11 if you don't need a full recovery)

Day 1: X2 Recovery + Mobility

Day 2: X2 Yoga

Day 3: X2 Recovery + Mobility

Day 4: X2 Yoga

Day 5: X2 Recovery + Mobility

Day 6: X2 Yoga

Day 7: Rest or X2 Recovery + Mobility

Day of Week	Topic	Facebook Post (Copy and Paste)
Day 1	Video	We're almost there . . . see Tony's message for this week! http://youtu.be/tZyNyBT7hH4
Day 2	Nutrition	Many people are tempted to go a little crazy on their diet after 90 days of clean eating. It's OK to cheat every once in a blue moon, but don't let all of your hard work go to waste on pizza and ice cream sundaes just because you made it through 90 days. The P90X2 nutrition plan is not a diet, but rather a fuel plan for life.
Day 3	Fitness Tip	Take a moment to congratulate yourself on all you have accomplished over the last 12 weeks. You are now stronger, faster, and probably in the best shape of your life, but this is only the beginning. What is the next step for you? P90X2 is "indoor training for the outside world," so take the last 12 weeks and see what you can accomplish.
Day 4	Engagement Question	What weren't you able to do before P90X2 that you now have the confidence to try?
Day 5	Shakeology	Try this yummy Shakeology [®] recipe! Go-Coco <ul style="list-style-type: none"> ○ 1 scoop Tropical Strawberry Shakeology ○ 1 cup unsweetened coconut milk ○ 1/2 cup mango ○ 1 tsp. coconut oil
Day 6	Motivation	Way to go everyone! You are P90X2 graduates—a very special club. You should be incredibly proud of yourselves. Like this post when you've taken your day 90 pictures and measurements and submitted your materials for the Beachbody Challenge contest at http://www.BeachbodyChallenge.com/!