



Instructions – How to Use This Guide

In this guide, you will find shareable social posts, including tips, recipes, videos, and more, that correspond to each week of your 21 Day Fix EXTREME® 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) Send out the Participant Guide to the Group.
- 3) Post Week 0 topics to your Group.

NOTE REGARDING LINKS:

This Weekly Coaching Guide contains links to products, tools, and resources on TeamBeachbody.com. To ensure credit for any sale made through these links, simply append the following text shown in bold (inserting your OWN repID) to the end of the URL and paste the link into Facebook.

Your own Coach repID looks like this:

?referringRepld=[yourID]

Example for Coach with repID of 2422 linking to 21 Day Fix EXTREME page:

<http://teambeachbody.com/shop/-/shopping/21DFEXTREME?referringRepld=2422>

All images in this Challenge Guide can be accessed here:

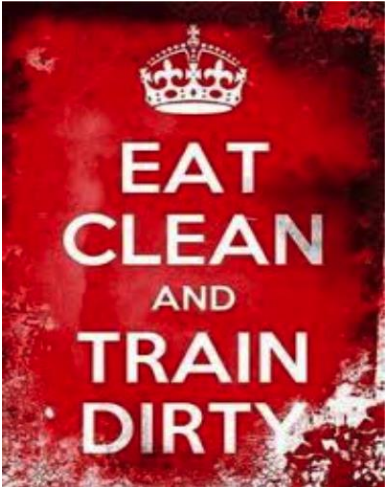

http://images.beachbody.com/tbb/images/challenge_group_guides/21DayFixExtreme/assets/assets.zip





Prep Week 0 (The Week Before Your Challenge Begins)

WEEK 0

Day of Week	Topic	Facebook® (Copy and Paste)	Images (click link to download)
Day 1	Introduction	<p>Welcome to your private Beachbody Challenge® Facebook page! I'll be posting healthy eating and fitness tips, Success Stories, inspirational thoughts and quotes, recipes, and more! This is also the place where you can ask questions, get answers, and connect with each other.</p> <p>Start by opening your 21 Day Fix EXTREME® program, review the materials, and be sure to:</p> <ul style="list-style-type: none"> *Read the Start Here guide to get an idea of what to expect and to see the workout calendar. *Check out the Eating Plan—this is your key to success, and I want you to really get it! *Go grocery shopping. Now's the time to get your kitchen prepared. *Tell your friends and family about what you're doing. You'll want their support along the way. Plus, social accountability is a great way to STAY MOTIVATED and COMMITTED to the challenge! <p>Check out Autumn's Welcome Video here: http://youtu.be/eez1HDMH9zQ</p>	
Day 2	"Before" Pictures and Beachbody Challenge® Contest	<p>1-2-3-Smile! Don't forget to take your "before" pictures and measurements, and record them. I know not everyone likes to document things about themselves that they wish to change—but trust us, do it now, and you'll be thankful later.</p> <p>Plus, you'll need your "before" and "after" info and photos to enter the Beachbody Challenge! Log on to BeachbodyChallengeContest.com to get your FREE 21 Day Fix EXTREME shirt and have a chance to win cash and prizes!</p> <p>Click "like" after you've signed up and taken your photos!</p>	<div style="text-align: center;"> <p>Download Now</p> </div> <div style="text-align: center;"> <p>Download Now</p> </div>

Day of Week	Topic	Facebook (Copy and Paste)	Images (click link to download)
Day 3	Nutrition	<p>EXTREME Eating Plan vs Countdown to Competition! As you review the Eating Plan materials, you may be wondering how EXTREME to go...</p> <p>The 21 Day Fix EXTREME Eating Plan is designed to take your results to the next level through PORTION CONTROL and 100% CLEAN EATING. NO CHEATS, NO TREATS.</p> <p>This eating plan allows you to step up your nutrition just like you're stepping up the workouts. And for the ultimate challenge, try Autumn Calabrese's COUNTDOWN TO COMPETITION, which uses "carb depletion," so you can add even more definition.</p> <p>Most importantly, do what works best for you! Some people have reversed the days (2 EXTREME, 1 Countdown), while others have started with the EXTREME Eating Plan and then slowly added in the Countdown Plan. Others keep it simple, using the EXTREME Eating Plan alone. I want you to succeed. What that success looks like is up to you!</p>	 <p>Download Now</p>
Day 4	Beachbody On Demand	<p>Some of you may have already done this, but if you haven't, go find the email Team Beachbody® sent you when you purchased your Challenge Pack and activate your Premium Team Beachbody Club membership now. Once you've logged into Club, you'll have access to Beachbody On Demand, where you'll be able to instantly access 21 Day Fix's fitness videos, nutrition guide, and support documents!"</p>	 <p>Download Now</p>
Day 5	Get Started Tip	<p>Make sure you have the tools you need to succeed!</p> <p>Prepping your meal plans is a great way to start off right and stay on track. Check out these meal plans and feel free to share your own! http://tbbcoa.ch/21DFE_SAMPLE_EXTREME_EAT_PLAN</p>	

WEEK 0

Day of Week	Topic	Facebook (Copy and Paste)	Images (click link to download)
Day 6	Getting to Know You	<p>Let's introduce ourselves!</p> <p>We are in this Group to share motivation, so let's get to know one another!</p> <p>To make it easy, copy and paste these 7 questions in the comments section with your answers!</p> <ol style="list-style-type: none"> 1. Name 2. Where do you live? 3. What's your occupation? 4. What Shakeology flavor are you drinking? 5. Which part of your body would you like to work on the most? 6. What do you usually have for breakfast? 7. What made you pick 21 Day Fix EXTREME? 	 <p>Download Now</p>
Day 7	Fitness/Motivation	<p>"I'm a firm believer in goal setting. Step by step. I can't see any other way of accomplishing anything." —Michael Jordan</p> <p>What are your GOALS for 21 Day Fix EXTREME?</p> <p>Share them here so fellow Group members can encourage you to stick with them and stay focused for the next 21 days!</p>	 <p>Download Now</p>

21 Day Fix EXTREME® Challenge Group


Daily Coaching Guide






Week 1

- Day 1: Plyo Fix Extreme
- Day 2: Upper Fix Extreme
- Day 3: Pilates Fix Extreme
- Day 4: Lower Fix Extreme
- Day 5: Cardio Fix Extreme
- Day 6: Dirty 30 Extreme
- Day 7: Yoga Fix Extreme


WEEK 1

Day of Week	Topic	Facebook (Copy and Paste)	Images (click link to download)
Day 1	Motivation	<p>"You are not going to wake up to the body you always wanted. You have to work for it! You're going to have to change your lifestyle. You're going to have to dial in your nutrition. You're going to have to sweat for it, you're going to have to work for it, and you're going to have to be dedicated to it! So let's do it!" —Autumn Calabrese</p> <p>21 Day Fix EXTREME is designed to take your results to the next level. Stick to your Eating Plan and workouts and experience the transformation.</p>	 <p style="text-align: right; color: blue;">Download Now</p>
Day 2	Nutrition	<p>How is everyone doing with their EXTREME Eating and Countdown to Competition Plans?</p> <p>I know that NO CHEATS, NO TREATS isn't easy, but you can do just about anything for only 21 days!</p> <p>Just in case some of you are looking for ways to SPICE UP those CLEAN FOOD options, Autumn Calabrese is here to help with some tasty and calorie-free modifications from your FREE FOODS list!</p> <p>https://www.youtube.com/watch?v=ApYJe_9XVyg</p>	

Day of Week	Topic	Facebook (Copy and Paste)	Images (click link to download)
Day 3	Fitness	<p>Modifiers are here to help!</p> <p>These workouts are EXTREME, so be sure to take advantage of the modifier if you need to. Building a strong foundation is what helps protect you from injury and keep your workouts on track!</p> <p>Which moves have been the hardest?</p>	 <p>Download Now</p>
Day 4	Nutrition	<p>HYDRATE!</p> <p>Are you drinking enough water? Remember the Eating Plan recommends you drink your body weight, divided by two, in ounces. So, for example, if you weigh 130 pounds...</p> <p>$130 \div 2 = 65$ ounces of water every day!</p> <p>I usually use my Shakeology® Shaker Cup (after my morning Shake) and know I have to fill it at least 2.5 times a day. How do you guys keep track?</p> <p>Check out "5 Ways Water Can Help You Get Your Dream Body" on the Team Beachbody Blog: http://bit.ly/1yTfmcE</p>	 <p>Download Now</p>
Day 5	Shakeology®	<p>Looking for a great way to jump-start the day and get going on those REDS?</p> <p>Try Autumn Calabrese's Healthy Chocolate Mocha Shake!</p> <p>This counts as 1 RED. The coffee and vanilla extract are free foods, so drink up!</p> <p>Watch Autumn make it here: http://bit.ly/1sKpHne</p>	 <p>Download Now</p>



WEEK 1

Day of Week	Topic	Facebook (Copy and Paste)	Images (click link to download)
Day 6	Fitness	<p>SSHHH...SECRET WEAPON!</p> <p>Who's feeling SORE? These workouts are EXTREME and I think all of us are feeling it!</p> <p>Foam rollers are an incredible tool. They are designed for self-myofascial release, an intense form of sports massage, and can help reduce muscle and joint pain and enhance your athletic performance.</p> <p>Check out this awesome article from our Team Beachbody Blog on the benefits of foam rolling! http://bit.ly/1D1AHjA</p> <p>And for more information on different kinds of foam rollers: http://bit.ly/1C9FMG9</p>	
Day 7	Motivation	<p>"Train with purpose. Eat with a plan." —Autumn Calabrese</p> <p>Awesome job completing Week 1! The first week is always the hardest, so be proud of yourself for pushing through! Here's something to keep in mind as you move into Week 2.</p> <p>Who wants to share what kept them going this week?</p>	 <p>Download Now</p>

21 Day Fix EXTREME® Challenge Group



Daily Coaching Guide





Week 2

- Day 1: Plyo Fix Extreme
- Day 2: Upper Fix Extreme
- Day 3: Pilates Fix Extreme
- Day 4: Lower Fix Extreme
- Day 5: Cardio Fix Extreme
- Day 6: Dirty 30 Extreme
- Day 7: Yoga Fix Extreme

WEEK 2

Day of Week	Topic	Facebook (Copy and Paste)	Images (click link to download)
Day 1	Motivation	<p>"Don't stop when you are tired. STOP when you are DONE!" —Autumn Calabrese</p>	 <p style="text-align: right; font-size: small;">www.Papaworld.com</p> <p style="text-align: center;">Download Now</p>
Day 2	Fitness	<p>It's your second week, and you are probably feeling STRONGER, LIGHTER, and MORE ENERGETIC!</p> <p>This is the perfect time to check your form and master every move for maximum results. Autumn Calabrese has designed these workouts to be EXTREME and work several muscle groups simultaneously, so it's important to do them right!</p> <p>Check yourself out in a mirror, or videotape a workout to get the best feedback. Post your perfect form here!</p>	 <p style="text-align: center;">LUNGES</p> <p style="text-align: center;"><small>1. improve your core 2. strengthen your butt 3. tone your thighs 4. improve hip flexibility</small></p> <p style="text-align: center;"><small>BEACHBODY®</small></p> <p style="text-align: center;">Download Now</p>

Day of Week	Topic	Facebook (Copy and Paste)	Images (click link to download)
Day 3	Nutrition	<p>Having trouble getting to all those proteins on Countdown to Competition days? Or are you a vegetarian and need more protein choices? Or just looking for more options for those red containers?</p> <p>Here's a great recipe!</p> <p>Tofu Burgers (Makes 5 servings, 1 burger each)</p> <ul style="list-style-type: none"> 1 Tbsp. ground flaxseed 3 Tbsp. water 1 lb. extra-firm high-protein tofu, well drained, mashed 3 green onions, chopped ¼ cup whole wheat bread crumbs 1 Tbsp. Dijon mustard 1 Tbsp. reduced-sodium soy sauce 1 Tbsp. garlic powder 1 tsp. ground cumin (or smoked paprika) Nonstick cooking spray (or extra-virgin coconut oil) <ol style="list-style-type: none"> 1. Place flaxseed and water in food processor; process for 1 minute. Let sit for 10 minutes, or until thickened. 2. Add tofu, green onions, bread crumbs, mustard, soy sauce, garlic powder, and cumin to food processor; process until smooth. 3. Form into five patties; set aside. 4. Heat large skillet, lightly coated with spray over medium-high heat. 5. Add patties; cook 5 to 7 minutes on each side, or until cooked through. <p>Tip: Super-firm or extra-firm high-protein tofu can be purchased at many specialty food stores. It may contain a higher amount of protein.</p> <p>What are your favorite recipes so far?</p>	 <p>Download Now</p>
Day 4	Fitness/ Check-In	<p>Are you getting enough sleep?</p> <p>Recovery is one of the most misunderstood aspects of physical fitness. Did you know your muscles actually grow while you rest? Make sure you're getting the sleep you need to rest and recover!</p> <p>For more information on sleep and muscle growth, check out: http://www.teambeachbody.com/about/newsletters/-/nli/229</p>	 <p>Download Now</p>

WEEK 2

Day of Week	Topic	Facebook (Copy and Paste)	Images (click link to download)
Day 5	Shakeology	<p>Real talk: Are you feeling any digestive discomfort since starting Shakeology? If so, try using ½ scoop, twice daily—then slowly work up to 1 full scoop per serving. Or...</p> <p>Are you having trouble "going"? Make sure you drink lots of water! Plus, consider using avocado in your Blue container and raw nuts, olives, or flaxseed in your Orange containers to provide healthy fats and fiber. These foods will help keep things moving!</p>	<p>Download Now</p>
Day 6	Check-In/Tip (Containers)	<p>How are you planning and prepping your meals?</p> <p>The Eating Plan is a HUGE component of the 21 Day Fix EXTREME program. There's also the option to try Autumn's Countdown to Competition plan to get really serious results. I find that I use my extra sets of containers to keep myself on track. What works best for you?</p> <p>For extra containers click here: http://teambeachbody.com/shop/-/shopping/BBCONT2102</p>	<p>Download Now</p>
Day 7	Motivation	<p>Two weeks DONE!</p> <p>Two weeks are in the bag—you should be so proud of yourselves! Get motivated for the third and final week by thinking about why you started!</p> <p>What were your goals? Are you crushing them?</p> <p>Let's take the last week to the EXTREME!</p>	<p>Download Now</p>

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Week 3

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- Day 7: Yoga Fix Extreme

WEEK 3

Day of Week	Topic	Facebook (Copy and Paste)	Images (click link to download)
Day 1	Motivation/ Check-In	<p>You made it to the final week!</p> <p>Now's the time to really dig in and crush it! It's also time to start thinking about what's next. Who's up for doing another round of 21 Day Fix EXTREME? Message me if you would like to continue with another round, or have any questions about other Beachbody® programs!</p>	<p style="text-align: center;">Download Now</p>
Day 2	3-Day Refresh® Upsell	<p>Have you tried 3-Day Refresh®?</p> <p>3-Day Refresh is a great way to keep CLEAN before you do your next round of 21 Day Fix EXTREME. It's also the perfect KICK-START to your next workout program!</p> <p>Feel cleaner, lighter, and healthier—without starving! After 3 days, you'll get your body back on the fast track to weight loss and new, healthy eating habits.† And it will help cleanse your body and improve the way you feel!</p> <p>†Results vary.</p>	<p style="text-align: center;">Download Now</p>

Day of Week	Topic	Facebook (Copy and Paste)	Images (click link to download)
Day 3	Nutrition	<p>Fuel the Machine!</p> <p>Eating more frequently will help keep your blood sugar stable, prevent peaking and crashing, and most importantly—rev up that metabolism!</p> <p>For more recipe ideas, check out the Team Beachbody Blog: http://bit.ly/1D1IUEr</p>	
Day 4	Fitness/ Check-In	<p>What is your favorite workout?</p> <p>Plyo Fix Extreme? Pilates Fix Extreme? Dirty 30 Extreme?</p> <p>Share your favorite workout and why in the comments below. What part of your body are you most excited to show off?</p>	 <p>Download Now</p>
Day 5	Coach Generation Lead	<p>Are people commenting on how great you look, and asking what you're up to?</p> <p>Perhaps it's time to pay it forward and help other people get their own incredible results by becoming a Team Beachbody Coach!</p> <p>If you're feeling inspired, send questions my way! I am happy to talk through what Coaching involves.</p> <p>Here are my "before" and "after" photos:</p>	<p>Placeholder for the Coach's Before/After photos</p>

WEEK 3

Day of Week	Topic	Facebook (Copy and Paste)	Images (click link to download)
Day 6	Shakeology	<p>Food for thought: If you're drinking Shakeology daily, then every day you're getting superfoods that health fanatics consider essential to optimal health!</p> <p>Here's a really cool ingredient: http://bit.ly/1AdbC4O</p>	
Day 7	Congratulations!	<p>Congratulations! You have made some incredible fitness and nutrition changes in the past 21 days. What do you plan to do to maintain your new body? Don't forget to take your Day 21 "after" photos and go to BeachbodyChallengeContest.com to learn how to get your FREE SHIRT!</p> <p>Be sure to wear the same clothes in the Day 21 photos that you wore in your Day 1 photos!</p>	<p>Download Now</p>