



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 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.

Your own Coach repID look like this:

?referringRepld=[yourID]

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

<http://www.TeamBeachbody.com/shop/-/shopping/21DayFix?referringRepld=2422>



All images in this Challenge Guide can be accessed here:

http://images.beachbody.com/tbb/images/challenge_group_guides/21DayFix/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, everyone!</p> <p>This is our Group's private Facebook® page, and throughout our journey I'll be posting healthy eating and fitness tips, Success Stories, inspirational thoughts and quotes, recipes, and more.</p> <p>But this Facebook page isn't just for me to post stuff, it's for you guys to ask questions, get answers, and connect with each other.</p> <p>This will be a journey, but the best part is that we're all in it together!</p> <p>Start here: Open your 21 Day Fix® program, review the materials, and be sure to:</p> <ul style="list-style-type: none"> * Check out the Eating Plan—this is your key to success, and I want you to really get it! Eating right is going to make all the difference in your results. * Go grocery shopping. There's a huge list of delicious food options and some great recipes in the Eating Plan, so now's the time to get your kitchen prepared. While you're at it, you should probably clean out your pantry of all the junk food that you know isn't going to help you lose weight. * Tell your friends and family about what you're doing. You'll want their support along the way. Plus, it will be easier to stay committed if everyone close to you knows what you're up to! <p>One key rule for our Group!</p>	<div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>This is a body hate free zone. Every body is loved and celebrated here.</p> <p>Download Now</p> </div>
Day 2	"Before" Pictures and Measurements	<p>Don't forget to take your "before" pictures and measurements, and record them. Be sure to "like" this post after you've done it!</p>	
Day 3	Schedule	<p>Choose your daily workout schedule and block off time in your calendar to shop for groceries and prep your meals so nothing else can get in your way. It's only 30 minutes. No excuses!</p>	


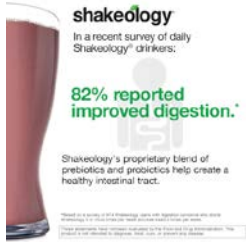

Day of Week	Topic	Facebook (Copy and Paste)	Images
Day 4	Beachbody Challenge™ Contest	Log on to BeachbodyChallenge.com and sign up to take the Challenge. You'll get a free T-shirt at the end of the program and have a chance to win cash and prizes! Click "like" after you've signed up.	
Day 5	Getting Started Tip	<p>All the gear you need to get started with 21 Day Fix® comes in your kit, but I find some of these optional items are really helpful with the workouts. Let me know if you have any questions about them.</p> <p>Core Comfort Mat – http://TeamBeachbody.com/shop/-/shopping/miniMAT</p> <p>Resistance Bands – http://TeamBeachbody.com/shop/-/shopping/BLINEBandKits</p> <p>Yoga Mat – http://TeamBeachbody.com/shop/-/shopping/YogaMat</p>	
Day 6	Beachbody On Demand	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!"	
Day 7	Get to Know You	<p>Let's introduce ourselves!</p> <p>No pressure—don't write a novel! Just copy and paste these 7 questions in the comment 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®? 	

Week 1


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

WEEK 1

Day of Week	Topic	Facebook (Copy and Paste)	Images
Day 1	Fitness	<p>What are your goals for 21 Day Fix®? Share them here so your Group members can encourage you along the way. Also, tell us how you are going to stay focused on your goals for the next 21 days.</p> <p>Here are 4 tips on how to successfully set and achieve your goals:</p>	<p>1. BE REALISTIC with your goals 2. WRITE DOWN your goals and be specific 3. VISUALIZE your results 4. REWARD yourself for success</p> <p>Download Now</p>
Day 2	Nutrition	<p><u>Eat less CRAP:</u> Carbonated drinks Refined sugar Artificial sweeteners and colors Processed foods</p> <p><u>Eat more FOOD:</u> Fruits and veggies Organic lean proteins Omega-3 fatty acids Drink water</p>	<p>Download Now</p>
Day 3	Shakeology	<p>Try this yummy Shakeology® recipe!</p>	<p>VANILLA SHAKEOLOGY® Just one shake a day helps keep the flab away.</p> <p>Give your blender a workout with this delicious recipe:</p> <p>PB & J</p> <ul style="list-style-type: none"> 1/2 cup unsweetened almond milk 1/2 cup water 1/2 cup red grapes 2 tsp. all-natural peanut butter <p>Download Now</p>

Day of Week	Topic	Facebook (Copy and Paste)	Images
Day 4	Nutrition	<p>Drink at least 6 to 8 glasses of water a day! It doesn't matter if it's flat or sparkling. I like to carry a bottle with me throughout the day so I don't forget. Also, be sure you drink at least 8 ounces of water with each meal. It helps you feel full and keeps you hydrated.</p>	 <p>Download Now</p>
Day 5	Getting Started Tip	<p>OK everyone, we're several days into it by now! How's it going? Have you gotten into a routine of using your containers? Do you take them with you to work, school, or wherever you need to go? Any tips to offer the Group on planning your meals?</p>	
Day 6	Shakeology	<p>Real talk: Are you feeling any digestive discomfort since starting Shakeology®? Try using ½ scoop, twice daily—then slowly work up to 1 full scoop per serving.</p> <p>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 flaxseeds in your Orange containers to provide healthy fats and fiber. They'll help keep things moving!</p> <p>And stick with it! A survey from May 2013 shows that if you drink Shakeology every day, your digestion and regularity may improve.</p>	 <p>Download Now</p>  <p>Download Now</p>

WEEK 1

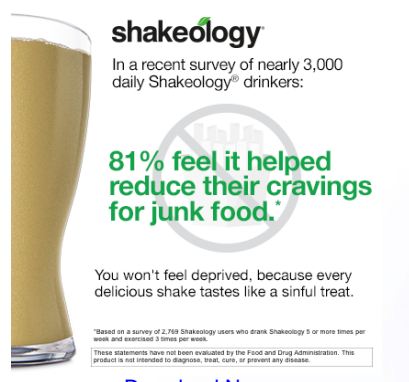

Day of Week	Topic	Facebook (Copy and Paste)	Images
Day 7	Motivation	Awesome job on completing Week 1! You should be so proud of yourself for getting through this week . . . I know it wasn't easy. How are you doing? Here's something important to keep in mind as we move into Week 2:	 <p>Download Now</p>




Week 2

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

WEEK 2

Day of Week	Topic	Facebook (Copy and Paste)	Images
Day 1	Motivation	"Discipline is the bridge between goals and accomplishment."—Jim Rohn	<p>Download Now</p>
Day 2	Nutrition Tip	How is it going with your 21 Day Fix meal prep? Share your 21 Day Fix-approved food photos here!	<p>Download Now</p>

Day of Week	Topic	Facebook (Copy and Paste)	Images
Day 3	Kicking Cravings/ Engagement Question	<p>By now you should be feeling reduced cravings for junk food. That's because the nutrients in Shakeology® feed your body with the stuff it needs, and its 15+ grams of protein help you stay satisfied!</p> <p>Now that we're in our 2nd week, what foods has Shakeology helped you stopped craving?</p>	 <p>shakeology In a recent survey of nearly 3,000 daily Shakeology® drinkers:</p> <p>81% feel it helped reduce their cravings for junk food.*</p> <p>You won't feel deprived, because every delicious shake tastes like a sinful treat.</p> <p><small>*Based on a survey of 2,769 Shakeology users who drank Shakeology 5 or more times per week and consumed 2 meals per week. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.</small></p> <p>Download Now</p>
Day 4	Fitness Tip	<p>How are your workouts going? Do you feel stronger? Remember, if they're too hard you can always follow the modifier. And if you're ready for an extra challenge, jump higher, squat lower, and work harder! You don't get results by sitting on your butt, so let's go!</p>	 <p>YES IM GUILTY! I JUST KILLED MY WORKOUT</p> <p>Download Now</p>



Day of Week	Topic	Facebook (Copy and Paste)	Images
Day 5	Shakeology	<p>This recipe is oh-so-simple, yet oh-soooooo tasty. Tastes like mint chocolate chip ice cream!</p> <p>Frozen Mint Chocolate (163 calories) 1 scoop Chocolate Shakeology® 1 cup water 1 cup ice ¼ tsp. mint extract</p>	 <p>Download Now</p>
Day 6	Fitness Tip	<p>Believe in yourself! If you're doing the workouts every day (and I KNOW you are . . . right?), then you may feel a little tired or sore. Don't give up! I'll bet you're getting better with every workout. Every day you stick with it puts you one step closer to your goal. So let's keep going!</p>	 <p>Download Now</p>
Day 7	Motivation	<p>By now you've probably figured out who in your life is most supportive of the changes you're making. Look for ways to spend more time with the most positive and healthy people in your life . . . and remember this:</p>	 <p>Download Now</p>


Week 3

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

WEEK 3

Day of Week	Topic	Facebook (Copy and Paste)	Images
Day 1	Motivation	Congratulations! You made it to the final week of our 21 Day Fix® Challenge! Ready to start thinking about what's next? Message me if you'd like to continue with another round of 21 Day Fix. Also, get ready to take your Day 21 photos at the end of the week. It's time to see those results you've worked so hard for! And remember to wear the same clothes you wore in your Day 1 photos.	
Day 2	Nutrition	Need more energy for your workouts? Try drinking Shakeology® one hour before you begin. The protein and powerhouse superfoods like maca root help elevate your energy levels and stabilize your blood sugar so you won't crash. Plus, Shakeology can help you feel full without weighing you down.	<p>Download Now</p>
Day 3	Fitness Tip	Are you getting in your "me time" every day? That's what your 30-minute workouts are for! Every time you Push Play you're doing something that's just for you. And it doesn't hurt that you're boosting your metabolism, losing weight, and building a strong, lean body while you're at it. Why do you work out?	<p>Download Now</p>

Day of Week	Topic	Facebook (Copy and Paste)	Images
Day 4	Coach Lead Generation	<p>By now I bet a lot of people are commenting on how great you look. And it feels pretty darn good, doesn't it? Well, if you've ever thought about "paying it forward" and helping other people get their own amazing results, perhaps becoming a Team Beachbody® Coach is calling your name.</p> <p>Anyone out there inspired to become a Coach just yet? I'm sure you have a ton of questions about what's involved—so send them my way.</p>	
Day 5	Shakeology	<p>Awesome thought: When you drink Shakeology® daily, you're getting superfoods and minerals that health nuts like Shakeology creator Darin Olien spend their lives searching for! Here's a really cool ingredient:</p>	 <p>Download Now</p>
Day 6	Health Tip/ Benefits	<p>You CAN keep the weight off! Studies show that people who eat breakfast every day are less likely to regain the weight they recently lost. And by eating a protein-rich breakfast (like Shakeology®), you'll feel full longer, plus you won't have the urge to snack throughout the day.</p>	 <p>Download Now</p>

Day of Week	Topic	Facebook (Copy and Paste)	Images
Day 7		<p>Congrats to you all on the fitness and nutrition changes you have made these past 21 days. What do you plan to do to maintain your new body? If you haven't already, please take your Day 21 photos and go to Free21DayFixTshirt.com to learn how to get your FREE T-shirt!</p>	 <p>Download Now</p>