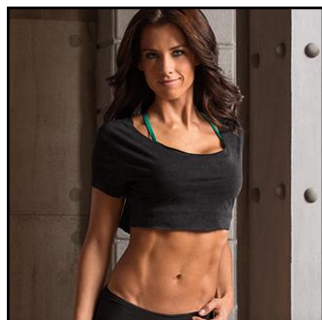


Introduction to 21 Day Fix[®]



A message from Autumn Calabrese

Welcome to 21 Day Fix! I'm so excited that you're committing to your health and fitness for the next 3 weeks. I guarantee that if you follow the simple 21 Day Fix Eating Plan and work out with me every day, you're going to see amazing results! As we begin, I want you to promise that you'll give me 100% effort. I mean, it's only 21 days, right? You can commit to anything for 21 days. And I promise you that I'll be here to motivate and support you every step of the way.

There's one thing I always tell my training clients: "Don't wish for it. Work for it!" It may not be easy, but you get better each and every time you make a healthy food choice or push through a tough workout. So stick with it, and remember that your Challenge Group and I will be cheering you on the whole way. Are you ready?

What is the commitment for a 21 Day Fix Challenge Group?

- Workouts are 30 minutes per day (7 days a week).
- Take photos and measurements on Days 1 and 21.
- Follow the Eating Plan and use your containers.
- Follow the 21 Day Fix workout calendar.
- Commit to 21 days.
- Drink Shakeology[®] daily.
- Track your workouts and Shakeology intake and interact with your Coach and group through the My Challenge Tracker App or through a private Facebook[®] group – whichever platform your Coach designates.
- Equipment needs: Resistance bands or dumbbells