

Here are some of the things you need to know to help build your business with 21 Day Fix.

What fitness levels can do 21 Day Fix?

- Everyone can do 21 Day Fix and get great results. Each workout has a modifier to show easier moves.
- The test groups included fit people as well as people with 100+ pounds to lose, to be sure that anyone could be successful with this program.

What's included in 21 Day Fix?

Essential Package:

- 7 color-coded portion-control containers
- Shakeology® shaker cup
- 6 easy-to-follow 30-minute workouts
- 21 Day Fix Start Here quickstart guide and workout calendar
- 21 Day Fix Eating Plan that shows you exactly what to do
- 3 Day Quick Fix Guide, Autumn's secret weapon for fast weight loss
- Dirty 30 bonus workout

What equipment is needed?

- Dumbbells or a resistance band are used in some workouts.
- A yoga mat and the Beachbody® Core Comfort Mat are helpful, but not required.

Do I have to do the workouts, or can I just follow the portion-control Eating Plan?

- Both the workouts and Eating Plan are essential to get the best results in 21 days.
- If you're worried about being out of shape, we suggest you follow the modifier and do what you can, rather than skipping the workouts entirely. You'll feel stronger in no time.

What's unique about the portion-control containers?

- They're specifically designed to measure 21 Day Fix portions perfectly.
- They're color-coded so you can easily see which foods go in which containers.
- They fit easily into your lifestyle—you can take them with you to work, school, or anywhere you need to go.
- The unique nesting design stores everything away neatly while saving space.

Can I use other containers I have at home?

- No, these are custom-designed for 21 Day Fix. Other containers may have the wrong proportions and you will not be successful unless you follow the Eating Plan using these containers.
- Very few (if any) other containers come in the variety of sizes needed for 21 Day Fix.

Can I eat out at restaurants when I do 21 Day Fix?

- Yes! The Eating Plan includes a restaurant guide that shows you how to practice portion control at your favorite restaurants.

What does it mean when you say "no off-limit foods"?

- The 21 Day Fix Eating Plan shows you how to incorporate treats (like chocolate and wine) into the plan . . . and you can still lose weight.

What makes the 21 Day Fix workouts so effective?

- 21 Day Fix takes all of the guesswork out of working out. You know which workout to do each day and can be confident you're working your whole body efficiently in just 30 minutes a day.
- The workouts yield consistent calorie-burning results, unlike a treadmill workout that can have very inconsistent and inaccurate calorie counts.
- The 30-minute boot camp-style workouts keep your heart rate up throughout, so you have an effective and efficient workout that burns maximum calories.
- There's a modifier in every workout to show you how to take down the intensity while still getting awesome results.

What makes the 21 Day Fix workouts so effective? cont.

- Trainer Autumn Calabrese created a 7-day-a-week schedule to give you the best results in just 21 days. Each day of the week is a different workout, all perfectly designed to avoid overtraining and keep you injury-free.

Are there more recipes or sample meal plans available?

- 21 Day Fix Hub (21DayFixHub.com): This helpful online portal gives you sample meal plans, recipes, tips for getting started with the container system, and many other helpful tips you and your customers can use for maximum success with the system.
- FIXATE™: A brand-new Fix-approved cooking show only on Beachbody On Demand. Autumn teams up with her professional chef brother Bobby Calabrese to demonstrate each step of making perfectly portioned, delicious recipes made for weight loss. Each episode contains tips, tricks, and a container equivalent breakdown to help you hit your nutrition goals. You can download and print recipes and grocery lists directly from Beachbody On Demand.
- The FIXATE® cookbook is available for purchase at TeamBeachbody.com.

What is the difference between 21 Day Fix and 21 Day Fix EXTREME®?

- 21 Day Fix is designed for people with very little nutritional knowledge and are more often than not, fitness beginners who are looking to lose weight.
- 21 Day Fix EXTREME is a graduate program meant for people who are more confident with nutrition, have experience working out, and are really looking to ramp up their results.

Can I do the 21 Day Fix Eating Plan with more intense programs?

- Yes. Please see page 41 of your 21 Day Fix Eating Plan for tips on how to adapt the Eating Plan to a more intense fitness program.

What if I don't want to lose weight? Is there a way for me to use the 21 Day Fix Eating Plan to maintain my current weight?

- Yes. Please see page 40 of your 21 Day Fix Eating Plan for tips on how to adapt the Eating Plan to a weight maintenance plan.

Are there any vegetarian or vegan options in 21 Day Fix?

- Yes! 21 Day Fix works for a variety of lifestyles including vegetarians and vegans. Simply choose foods that aren't meat from the protein food list.
- The FIXATE cooking show on Beachbody On Demand helps you plan and prepare tasty meals for all dietary lifestyles to get closer to your weight-loss goals.
- You can find the 21 Day Fix vegan eating plan at 21DayFixVegan.com.
- Autumn's FIXATE cookbook includes some great recipes for vegan and vegetarian options—as well as gluten-free and paleo diets. The cookbook is available for purchase at TeamBeachbody.com.

Do I need to eat out of the containers?

- It's up to you. We recommend transferring the foods from their containers to a plate after you fill them. This habit will help you learn what proper portions look like—especially when you eat out!

Can I eat out at restaurants when I do 21 Day Fix?

- Absolutely! 21 Day Fix is a flexible eating plan, and we understand that special occasions do come up. When eating out, try to order foods that are on the 21 Day Fix food lists. When your food arrives, estimate what a proper portion looks like, and save the rest for later.

Can I stream my 21 Day Fix workouts?

- Yes! If you purchase 21 Day Fix and become a Beachbody On Demand member, you'll get unlimited access to Beachbody On Demand, where you can stream 21 Day Fix and hundreds of proven Beachbody workouts via any desktop, laptop, tablet, or mobile device. Just look for "Purchased Programs" on the Beachbody On Demand homepage to stream your 21 Day Fix workouts.

How much does 21 Day Fix cost?

Essential Package:

- \$59.85; Club member: \$53.87; Coach: \$44.89 – PV: 45

The link below will direct your prospects and customers to the 21 Day Fix page in the Team Beachbody® shop.

Simply add your Coach repID to the end of the URL below, share the link, and you'll get credit for the resulting purchase.

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

Please note: In order to receive credit for the sale, the purchaser must click on the link containing YOUR Coach repID.

Is there a Team Beachbody exclusive if customers order 21 Day Fix through me?

Yes! Customers who purchase 21 Day Fix through you will get a FREE bonus workout—Plyo Fix (a \$19.95 value).

- **Plyo Fix:** This calorie-blasting cardio workout features six rounds of heart-pumping moves that will help you burn off the fat in record time. These intense but easy-to-follow drills build strength and endurance to fire up your fitness levels so you can get a lean, toned physique—fast.

Is there a 21 Day Fix Challenge Pack? What are the details?

Yes! It contains the 21 Day Fix Essential Package, your first 30-day supply of Shakeology on Home Direct*, and a FREE 30-day trial membership to Beachbody On Demand.**†

Challenge Pack price: \$160

Here's how to direct prospects and customers to **YOUR** 21 Day Fix Challenge Pack page:

Insert your repID into the link below:

<http://www.teambeachbody.com/shop/-/shopping/BCP21D160?referringRepld=yourID>

Copy and paste the link into an email to your customers.

Still have questions? Check out the Team Beachbody Message Boards or reach out to Coach Relations.

*With Shakeology on Home Direct, your customer will receive this item every 30 days, shipped directly to their door and billed to the credit card they use today in the amount of \$129.95 a month, plus a Super Discount s&h fee of only \$2.00 per item. Your customer may cancel anytime to avoid future charges by calling Customer Service at 1 (800) 427-3809.

**After their first 30 days, your customer will be automatically billed to continue the Team Beachbody Club membership at a cost of \$2.99 a week, billed \$38.87 per quarter in advance to the credit card they use today. Your customer can cancel anytime to avoid future charges by calling Customer Service at 1 (800) 470-7870.

†Offer not valid for current paying Team Beachbody Club members.