



Instructions – How to Use This Guide

In this guide, you'll find shareable posts, helpful tips, videos, and more, that correspond to each day of your 3-Day Refresh Challenge Group. They're suggested posts to help you manage your group, so 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 3-Day Refresh, including recommendations on products and nutrition, to ensure your group's ultimate success.
3. Share this [message](#) 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 the 3-Day Refresh Challenge Pack:

<http://www.teambeachbody.com/checkout/-/bbcheckout/challengepack/3-day-refresh?referringRepld=2422>

VIDEOS:

Here are links to a couple of very helpful and motivational videos to watch and share as you guide your Group through their journey. The first video "Why the 3-Day Refresh?" explains how the product originated and why, and also explains how 3-Day Refresh differs from the 3-Day "Shakeology Cleanse." The second video is a promotional video which contains powerful testimonials and an overview of the product benefits and what it can do for you.

Why the 3-Day Refresh?: <http://youtu.be/9E2fSe8TTe4>

3-Day Refresh Promo Video <http://youtu.be/JzGpmybPt38>

3-Day Refresh™ Challenge Group Guide

3-DAY REFRESH™

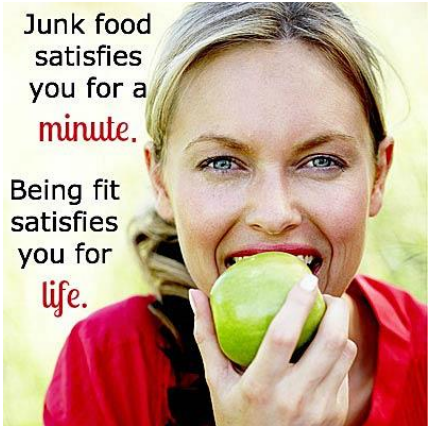
Download all images in this Challenge Guide:

http://images.beachbody.com/tbb/images/challenge_group_guides/3DayRefresh/assets/assets.zip

Timing	Topic	Facebook® Posts (Copy and Paste)	Images (click link to download)
PRE-REFRESH Day 0	Participant First Steps	To help you prepare for your upcoming 3-Day Refresh, it's highly recommended that you follow these easy steps: 1. Clean out your kitchen, removing any junk foods or trigger foods that could derail your program. 2. Read the Program Guide to familiarize yourself with the program and the food choices. 3. To make shopping and planning simple, fill out your choices from the Fruit, Vegetable, Healthy Fat, and Guilt-Free Flavoring options in the spaces provided in your Program Guide. 4. Shop for your 3-Day Refresh fresh foods (a day or two prior). <u>Some additional preparation tips for you:</u> • Limit caffeine intake • Cycle down on strenuous workout routines • Consider reducing your consumption of red meat This isn't a starvation plan, but it is low-calorie. It's also packed with fiber. If you don't already have a diet that's high in fruits, veggies, and whole grains, it's a good idea to prepare for the 3-Day Refresh by eating a large salad and/or a few servings of fresh veggies each day for a week leading up to it.	 Download Now  Download Now

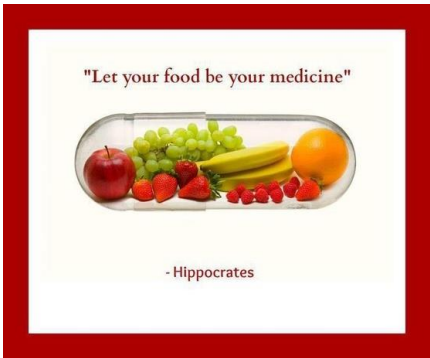
Timing	Topic	Facebook® Post (Copy and Paste)	Images (click link to download)
Refresh Day 1	Support Tips Morning	Welcome to Day 1! It's incredibly important to stay hydrated during the 3-Day Refresh. Water helps you do EVERYTHING! It's the body's lubricant and it's required for every major process. It keeps your digestion flowing, it flushes out toxins, keeps your system balanced, and helps control hunger.	 BE SMART. EAT SMART. Download Now
	Evening	It's recommend that you drink half your body weight in ounces every day. So, if you weigh 150 pounds, you should be drinking at least 75 ounces of filtered water each day.	
	Engagement Questions	How are you feeling thus far? Any concerns or questions?	 eat better feel better Download Now

3-DAY REFRESH™

Timing	Topic	Facebook® Post (Copy and Paste)	Images (click link to download)
Refresh Day 2	Support Tips Morning	Have you become more conscious of your eating habits since starting the program? Share a positive new habit with the Group!	 Download Now
	Afternoon	If you're noticing that you are feeling a little tired, or even irritable, just remember that you're providing your body with healthy, clean nutrition, including a generous amount of fiber. Your system may be adjusting to this, along with fewer calories than it is used to. During this time, give yourself full permission to take a break from strenuous activity, and to get extra rest. It's only 3 days. Slow down and give your body the break it deserves.	
	Evening	You're already halfway there! It's normal to be craving some of the other foods you typically eat, but don't entertain any thoughts of cheating or quitting. You've got this! Keep up the great work!	
			 Download Now

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Refresh Day 3	Support Tips Morning	As you near the finish line, just remind yourself of all the reasons you chose to do the Refresh. Chances are you're already feeling lighter and healthier. If you don't, it could be that your digestive system is still playing catch-up. It may not be accustomed to eating such a high-fiber diet. But don't be alarmed if that's the case. It's perfectly normal for some people. This too shall "pass."	 Download Now
	Afternoon	If you've been adventurous and tried new fruits or veggies that you normally wouldn't be eating, congratulate yourself! Variety is one of the keys to great nutrition.	
	Engagement Questions	How are you feeling today? Any different from Day 1? If so, tell me how! Have you noticed any changes in the quality of your sleep during this program?	 Download Now

Timing	Topic	Facebook® Post (Copy and Paste)	Images (click link to download)
POST-REFRESH	Support Tips	Congratulations—you've finished the Refresh! But the journey doesn't end here. Your body should be feeling lighter, healthier, and revitalized. As you reflect on your journey, think about who else in your life would benefit from the 3-Day Refresh. Spread the healthy word and contact me about finding a way to help your loved ones get on a path to a healthier, happier life. As hard as we all try, it's impossible to eat 100% clean, 100% of the time. Life has a habit of getting in the way of the perfect diet. So it's important to do the best you can, but give yourself some grace when you waver. When you're ready, do another round of this 3-Day Refresh. Because you've followed the baseline rules, it shouldn't be too tough to get back to business.	 Download Now  Download Now