

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 ChaLEAN 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. Review the [Product Training Guide](#) for all the information you need to know about the ChaLEAN Extreme, including recommendations on products and nutrition, to ensure your group's ultimate success.
3. Share this [message from Chalene](#) 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 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: **?referringRepId=[yourID]**

*Example for Coach with repID of 2422 linking to **ChaLEAN Extreme Challenge***

Pack: <https://www.teambeachbody.com/checkout/-/bbcheckout/challengepack/chalean?referringRepId=2422>

VIDEOS:

Here is a list of all the weekly videos from Chalene to motivate and guide your Group through their journey. They are listed here so you have easy access to the links, but they are also listed in the daily posts.

- Week 1 – <http://youtu.be/6mpsKvyriY>
- Week 2 – <http://youtu.be/AW-NtEBqurY>
- Week 3 – <http://youtu.be/IOfuOVRWqLI>
- Week 4 – <http://youtu.be/-XSsXLTGBwU>
- Week 5 – http://youtu.be/81KX4hr_rFU
- Week 6 – <http://youtu.be/7aNNHpWRfAs>
- Week 7 – <http://youtu.be/7aYDXIvD5rE>
- Week 8 – <http://youtu.be/lcTzQQJmlyE>
- Week 9 – <http://youtu.be/k7eYWVA8UVU>
- Week 10 – <http://youtu.be/kURjC74Ei5M>
- Week 11 – <http://youtu.be/5zePjW0o7H4>
- Week 12 – <http://youtu.be/FD6vrrU3U58>

**All trainer videos are also available in the Video Library in the Coach Online Office*

Download all images in this Challenge Guide:

http://images.beachbody.com/tbb/images/challenge_group_guides/CL/assets/assets.zip

Prep Week 0 (The Week Before Your Challenge Begins)

WEEK 0

Day of Week	Topic	Facebook® Post (Copy and Paste)	Images (click link to download)
Day 1	Introduction	<p>Welcome, everyone!</p> <p>This is our Group's private Facebook® page. 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 ChaLEAN Extreme® program, review the materials, and be sure to:</p> <ul style="list-style-type: none"> • Read the Fat-Burning Food Guide. Plan meals and snacks that help turn your body into a fat-burning machine! • Go shopping. Stock your kitchen for success. • Watch the Burn Basics DVD and get familiar with the workout moves. 	
Day 2	"Before" Pictures and Measurements	Take your "before" pictures and measurements. Record them. "Like" this post after you've done it!	
Day 3	Schedule	Choose your daily Monday through Saturday workout schedule and block off those times on your calendar. We'll start on MM/DD and end on MM/DD. The calendar in the kit starts with "Day 1." If Monday isn't the ideal day to start, we can start Day 1 on any day that's best for the Group.	
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!	

WEEK 0

Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 5	Getting Started Tip	Take the Fit Test in your Muscle Burns Fat® Guidebook. This helps you determine your current fitness level and allows you to see the drastic improvements you'll make in your strength and body composition at the end of the program. Remember, the scale isn't the only indicator of success so you'll want these test results.	
Day 6	Beachbody On Demand	If you haven't yet received your program and are wondering, "What do these workouts look like?" or "What am I going to be eating for the next few weeks?" check out the Team Beachbody Club. Once you enroll and log in, you'll be able to access Beachbody On Demand, where you can stream all your workouts and check out your program materials (including your meal guide) in one place. Click here to log in: http://club.teambeachbody.com/login/ (Subscription fees apply. See website for full details.)	
Day 7	Get to Know You	Let's introduce ourselves! There's no pressure—don't write a novel! Just briefly answer these 7 simple questions. Copy and paste in the comment section with your answers! <ol style="list-style-type: none"> 1. Name 2. Where you live 3. Occupation 4. Favorite Shakeology® flavor 5. One part of your body you'd like to work on the most 6. What you usually have for breakfast 7. What made you pick ChaLEAN Extreme® 	


Week 1 – Burn Phase

- Day 1 – Burn Circuit 1
- Day 2 – Rest Day
- Day 3 – Burn Circuit 2
- Day 4 – Burn Intervals and Ab Burner
- Day 5 – Burn Circuit 3
- Day 6 – Burn It Off! and Recharge
- Day 7 – Rest Day

WEEK 1

Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 1	Video	Ready for your ultimate fat-burning, muscle-building, and body-beautifying transformation to begin? Take a look at this video from Chalene for Week 1! http://youtu.be/_6mpsKvyr1Y	
Day 2	Fitness Tip	You'll only regret the workouts you DON'T do! Keep Pushing Play.	 <p>Download Now</p>
Day 3	Engagement Tip	Who felt the BURN in Burn Circuit class? What equipment did you use for resistance?	
Day 4	Nutrition Tip	How is your fat-burning meal plan going? Remember, HALF of your results come from what you eat! To get as ripped and lean as possible, you NEED to stick to smart nutrition. If you're finding it difficult—or easy—maybe others in the Group are, too. So post a comment below!	 <p>Download Now</p>
Day 5	Getting Started Tip	Remember, it's okay to start out using lighter weights. For best results, keep proper form while pushing hard! Never sacrifice form for heavier weights.	


WEEK 1

Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 6	Shakeology	<p>Sandra lost 33 pounds with ChaLEAN Extreme® and Shakeology®. Who wants their world shaken up like Sandra?</p> <p>"Shakeology has shaken up my world. It gives me more energy and has regulated my digestive system. I am certain it is responsible for my weight loss since January. Two months of ChaLEAN Extreme and wow! I got muscles and I can do push-ups on my toes."</p>	 <p>Download Now Download Now</p>

Week 2 – Burn Phase

- Day 1 – Burn Circuit 1
- Day 2 – Rest Day
- Day 3 – Burn Circuit 2
- Day 4 – Burn Intervals and Ab Burner
- Day 5 – Burn Circuit 3
- Day 6 – Burn It Off! and Recharge
- Day 7 – Rest Day

WEEK 2

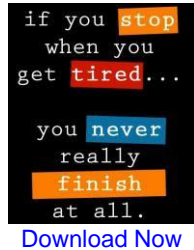
Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 1	Video	<p>AWESOME job on completing Week 1! Be proud of yourself for sticking with it and getting through this week!</p> <p>Check out this video from Chalene to get you started with Week 2! http://youtu.be/AW-NtEBqurY</p>	
Day 3	Engagement Question	<p>What are your goals for this Challenge? Share them here and we'll all encourage each other! (Make them as measurable and specific as you can.)</p>	
Day 4	Nutrition Tip	<p>Drink two glasses of water when you wake up. Fluids are crucial for heart function and for maintaining healthy blood pressure. The body needs hydration to transport carbohydrates, vitamins, minerals, and oxygen to the cells. Plus, water lubricates muscles and joints to keep them in healthy working order.</p>	 <p>Download Now</p>
Day 5	Fitness Tip	<p>Weight training is key to fat burn!</p>	<div style="background-color: #e0e0ff; padding: 5px; border: 1px solid black;"> <p>Although cardio exercises are great ways to burn calories, building muscle is the only way to raise your metabolism permanently. The more muscle you have, the more calories you burn 24/7.</p> </div> <p>Download Now</p>

WEEK 2

Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 6	Shakeology Benefits	If you've been keeping up with your daily Shakeology® routine, you should be experiencing positive changes. Do you feel more energized?	<p>Download Now</p>
Day 7	Motivation	Congratulations on your commitment to doing what it takes to get fit and healthy—and completing Week 2 of your ChaLEAN Extreme® Challenge! Check out Amber B. who lost 74 pounds and won \$500 with ChaLEAN Extreme!	<p>Download Now</p>

Week 3 – Burn Phase

- Day 1 – Burn Circuit 1
- Day 2 – Rest Day
- Day 3 – Burn Circuit 2
- Day 4 – Burn Intervals and Ab Burner
- Day 5 – Burn Circuit 3
- Day 6 – Burn It Off! and Recharge
- Day 7 – Rest Day



			WEEK 3
Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 1	Video	<p>"Whatever you're doing today, make sure you're doing it well. Otherwise, what's the point? Remember how valuable you and your time are."—Chalene Johnson</p> <p>Watch what Chalene has to say for Week 3! http://youtu.be/IOfuOVRWqLI</p>	
Day 2	Fitness Tip	<p>Don't let your mind talk you into stopping. Take a break or modify, and stay with it. You can rest later!</p>	
Day 3	Nutrition Tip	<p>Success tip: Create a basket of healthy snacks portioned out into little snack bags, around 100 calories each. It will help you stay on track! What do you snack on?</p>	
Day 4	Nutrition Tip	<p>After a hard workout, you've probably used up most or all of your body's stored carbohydrates. To replenish them quickly, so that your body can recover in time for your next workout, it's important to enjoy a recovery snack within 30 minutes of your workout. Your ideal recovery snack should contain ½ gram of carbohydrates per pound of your body weight, and at least 10 grams of protein.</p> <p>A few great recovery snacks:</p> <ul style="list-style-type: none"> • Results and Recovery Formula® • 1% chocolate milk • Granola cereal • Fruit smoothie 	


Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 5	Engagement Question	Are you tracking your diet or workouts on Team Beachbody®? How do you like it? If you haven't yet, check out all the cool stuff at www.TeamBeachbody.com .	
Day 6	Shakeology	<p>Are you having trouble "going"? Make sure you drink lots and lots of water. Plus, add some healthy fats to your diet, like coconut oil, olive oil, or even avocados. Stay with it! A survey from May 2013 shows that if you drink Shakeology® every day, your digestion and regularity may improve!</p>	<p>shakeology In a recent survey of daily Shakeology® drinkers: 82% reported improved digestion.* Shakeology's proprietary blend of prebiotics and probiotics help create a healthy intestinal tract. Download Now</p>
Day 7	Motivation	<p>Why it's important to make a plan: "Setting goals is the first step in turning the invisible into the visible."—Tony Robbins</p> <p>Four tips for 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 Download Now</p>

Week 4 – Burn Phase

- Day 1 – Burn Circuit 1
- Day 2 – Rest Day
- Day 3 – Burn Circuit 2
- Day 4 – Burn Intervals and Ab Burner
- Day 5 – Burn Circuit 3
- Day 6 – Burn It Off! and Recharge
- Day 7 – Rest Day, Take Your Photos and Measurements!

WEEK 4


Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 1	Video and Day 30 Photos	Check out this week's video from Chalene! http://youtu.be/-XSsXLTGBwU Also, it's Day 30 photos this week. Wear the same thing that you wore in your Day 1 photos!	
Day 3	Fitness Tip	Chalene's Tip of the Day: "Today, you're gonna burn more calories because you're building muscle. When you build muscle, it's your fountain of youth. You'll see, after class you're gonna feel energized and full of life!"	 <p style="text-align: center;">Download Now</p>
Day 4	Engagement Question	"Like" this post if you track your food! If you do, do you track online or write it down? Keeping food diaries is important for creating awareness of what you're eating. So make sure you're tracking.	
Day 5	Motivation	Track your progress: Take your Day 30 photos and measurements. Can you believe how much you've changed? Share your results to inspire others, and be inspired by theirs. Accountability and motivation from each other helps the Group reach goals—so go for it! Lina tracked her results, and look what she was able to do with ChaLEAN Extreme®!	 <p style="text-align: center;">Download Now</p>

Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 6	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)</p> <p>1 scoop Chocolate Shakeology®</p> <p>½ tsp. mint extract</p> <p>1 cup water</p> <p>1 cup ice</p>	 <p>Download Now</p>

Week 5 – Push Phase

- Day 1 – Push Circuit 1
- Day 2 – Rest Day
- Day 3 – Push Circuit 2
- Day 4 – Burn Intervals and Ab Burner
- Day 5 – Push Circuit 3
- Day 6 – Burn It Off! and Recharge
- Day 7 – Rest Day

WEEK 5

Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 1	Video	<p>Congratulations, you've made it to the PUSH phase! Now that you've built a strong base, you're ready for intense, heavy lifting.</p> <p>See what Chalene has to say this week! http://youtu.be/81KX4hr_rFU</p>	
Day 3	Fitness Tip	<p>Muscle Burns Fat®! In the coming month, these workouts will demand you to PUSH yourself to lift heavier. Go for it! But remember that FORM MATTERS to get the results you're after. It's okay to choose a lighter weight until you're ready. Check out the results on Lisa C. who lost over 10 lbs. and 9.5 inches in 90 days of ChaLEAN Extreme®!</p>	 <p style="text-align: center;">Download Now</p>
Day 4	Nutrition Tip	<p>A diet high in low-energy-dense foods (foods that have a high ratio of physical volume to calories) is linked to weight loss and lower cholesterol and blood pressure levels. Examples of these foods include nutrient-rich leafy greens and cruciferous vegetables like kale and broccoli, complex grains like millet and quinoa, and high-protein legumes like almonds and flaxseeds.</p> <p>Who ate a low-energy-dense food today?</p>	


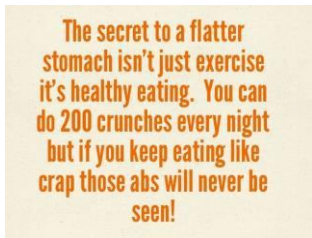

WEEK 5

Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 5	Motivation	Did you work out hard today? Or did you just pass the time? Give me your ALL every day and I'll give you the body you want!	<p>TIRED? OUT OF BREATH? SWEATY? GOOD.</p> <p>Download Now</p>
Day 6	Shakeology Recipe	Awesome thought: You're getting tons of super-healthy ingredients every day without even thinking about it! Here's one of my favorites:	<p>From Latin America to your shakeology</p> <p>Acai Berries They're high in antioxidants, fatty acids, protein and fiber.</p> <p>Antioxidants help to promote anti-aging, weight loss and help to protect cells from free radicals.</p> <p>Download Now</p>
Day 7	Motivation	We all have low-energy days. Do your workout anyway. Remember why you committed to ChaLEAN Extreme®—those reasons still apply, and you can do this!	<p>WHAT POSITIVE THINGS HAVE YOU SAID TO YOURSELF TODAY? ACKNOWLEDGE YOUR GREATNESS!</p> <p>CLICK SHARE </p> <p>Download Now</p>

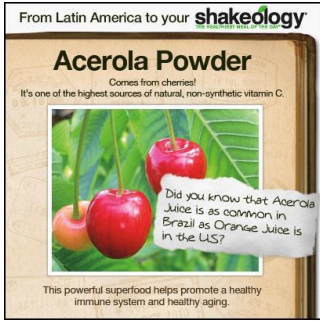
Week 6 – Push Phase

- Day 1 – Push Circuit 1
- Day 2 – Rest Day
- Day 3 – Push Circuit 2
- Day 4 – Burn Intervals and Ab Burner
- Day 5 – Push Circuit 3
- Day 6 – Burn It Off and Recharge
- Day 7 – Rest Day

WEEK 6

Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 1	Video	Welcome to Week 6! Take a look at Chalene's message this week! http://youtu.be/7aNNHpWRfAs	
Day 2	Fitness	Muscle is metabolically active: each pound of muscle burns approximately 35 to 50 calories per day. Stored fat is not, so it burns far fewer calories. The more muscle you have, the more calories you burn throughout the day, whether you're walking, vacuuming . . . OR even sleeping!	 <p style="text-align: center;">Download Now</p>
Day 3	Fitness Tip	Schedule your workouts in advance. Carve out the time. Make no excuses. You deserve the body of your dreams!	
Day 4	Nutrition Tip	Abs are 70% diet and 30% work. Make sure you take care of that 70%, since we know you've already taken care of the other 30%!	 <p style="text-align: center;">Download Now</p>
Day 5	Motivation	How has your body changed so far? Check out Ashley H. who lost 42 lbs. in 90 days of ChaLEAN Extreme®!	 <p style="text-align: center;">Download Now</p>


WEEK 6

Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 6	Shakeology	<p>Awesome thought: Every day with Shakeology®, you're consuming superfoods and minerals that health fanatics like Darin Olien spend their lives pursuing! Here's a really cool ingredient:</p>	 <p>From Latin America to your shakeology</p> <p>Acerola Powder Comes from cherries! It's one of the highest sources of natural, non-synthetic vitamin C.</p> <p>Did you know that Acerola Juice is as common in Brazil as Orange Juice is in the US?</p> <p>This powerful superfood helps promote a healthy immune system and healthy aging.</p> <p>Download Now</p>

Week 7 – Push Phase

- Day 1 – Push Circuit 1
- Day 2 – Rest Day
- Day 3 – Push Circuit 2
- Day 4 – Burn Intervals and Extreme Abs
- Day 5 – Push Circuit 3
- Day 6 – Burn It Off! and Recharge
- Day 7 – Rest Day

WEEK 7

Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 1	Video	We're halfway there! Let's keep it going! Here's what Chalene has to say this week! http://youtu.be/7aYDXlvD5rE	
Day 3	Engagement Question	GREAT job on making it to Week 7! What changes do you see in yourself and your body?	
Day 4	Nutrition Tip	A great staple to keep in your pantry? Canned beans. Whatever your pleasure—kidney, black, garbanzo, navy—canned beans are a quick way to sneak in more fiber and protein and up the satisfaction factor of any meal. Look for BPA-free cans and choose no- or low-sodium brands when possible. (Or at least rinse well before eating.)	
Day 5	Motivation	You know what you need to do to get there! Yep, PUSH PLAY!	 <p>Download Now</p>

WEEK 7

Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 6	Shakeology	What I'm trying to say is drink Shakeology® daily! It's important to make it a daily habit.	<p>Download Now</p>
Day 7	Motivation	Go heavy or go HOME! Muscle Burns Fat®!	<p>Download Now</p>

Week 8 – Push Phase

- Day 1 – Push Circuit 1
- Day 2 – Rest Day
- Day 3 – Push Circuit 2
- Day 4 – Burn Intervals and Extreme Abs
- Day 5 – Push Circuit 3
- Day 6 – Burn It Off! and Recharge
- Day 7 – Rest Day, Take Your Photos and Measurements!


WEEK 8

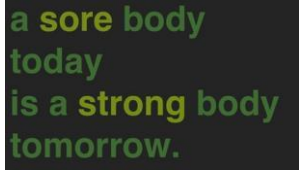

Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 1	Video	It's your last week of PUSH! Check out this week's video from Chalene! http://youtu.be/lcTzQQJmlyE Also, it's Day 60 photos this week. Wear the same thing that you wore in your Day 1 and Day 30 photos!	
Day 2	Coach Lead Generation	By now I bet a lot of people are commenting on your new look. And it feels pretty darn good, doesn't it? Well, if you've ever thought about "paying it forward" and helping out those whose shoes you once walked in, perhaps you're feeling the urge to become a Team Beachbody® Coach. 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.	
Day 3	Fitness Tip	HIGH FIVE for you! (Unless you're reading this from the couch PRIOR to Pushing Play. Get out there and PUSH PLAY!)	<div style="background-color: #333; color: #ccc; padding: 10px; text-align: center; font-family: sans-serif;"> No matter how slow you go, you are lapping everybody on the couch... </div> <p style="text-align: center;">Download Now</p>

Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 4	Nutrition Tip	<p>Eating breakfast is an important factor in weight loss! After fasting all night, your body actually needs the energy that a healthy breakfast can provide. Eating breakfast makes you less likely to grab that pastry in the kitchen at work, or run out for fast food at lunchtime. It also keeps your metabolism going, so that your body doesn't shift into "protect and conserve all fat" mode.</p> <p>Who ate their breakfast today?</p>	
Day 5	Motivation	Just keep moving!	<p>Download Now</p>
Day 6	Health Tip/Benefits	<p>You CAN keep the weight off!</p> <p>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>

Week 9 – Lean Phase

- Day 1 – Lean Circuit 1
- Day 2 – Rest Day Day
- 3 – Lean Circuit 2
- Day 4 – Burn Intervals and Extreme Abs
- Day 5 – Lean Circuit 3
- Day 6 – Burn It Off! and Recharge
- Day 7 – Rest Day




			WEEK 9
Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 1	Video and Day 60 photos	Now we're in the LEAN Phase! Watch what Chalene has to say about Week 9! http://youtu.be/k7eYWVA8UVU	
Day 3	Fitness Tip	Our bodies will try to stop WAY before you actually need to. Push through that feeling, and you'll come out on the other side STRONGER. Don't give up.	 <p>Download Now</p>
Day 4	Nutrition Tip	<p>"Rule #13: Shop the Periphery of the Supermarket and Stay Out of the Middle."—Michael Pollan, Food Rules</p> <p>This week's challenge: Buy food only from the periphery of the store! That is where most of the unprocessed, whole foods live. Who is going to stay out of the aisles this week?</p>	

Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 5	Motivation	Your hard work TODAY directly affects your TOMORROW!	 <p>Download Now</p>
Day 6	Shakeology	Did you know you can make more than just shakes with Shakeology®? From pies to bars to fudge pops, check out all these yummy treats you can make with Shakeology:	 <p>Download Now</p>



Week 10 – Lean Phase

- Day 1 – Lean Circuit 1
- Day 2 – Rest Day Day
- 3 – Lean Circuit 3
- Day 4 – Burn Intervals and Extreme Abs
- Day 5 – Lean Circuit 3
- Day 6 – Burn It Off! and Recharge
- Day 7 – Rest Day



WEEK 10

Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 1	Video	Welcome to Week 10! Check out Chalene's message this week! http://youtu.be/kURjC74Ei5M	
Day 2	Fitness Tip	A little humor for the day. It may not be exactly why you started, but there's always a reason to Push that Play button!	 <p style="text-align: center;">Download Now</p>
Day 4	Nutrition Tip	Is cholesterol a bad thing? Some dietary cholesterol is fine, provided it comes from quality sources. Think of it the same way you might think of simple carb consumption. Bananas, for example, are high in sugar, but their nutritional value makes up for that. Similarly, egg yolks are high in cholesterol, but they're also very nutritious, so the good outweighs the bad—as long as you eat them in moderation!	 <p style="text-align: center;">Download Now</p>
Day 5	Motivation	Wow! Look at these results! Christina F. toned up and won \$500 doing ChaLEAN Extreme®!	 <p style="text-align: center;">Download Now</p>

WEEK 10

Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 6	Shakeology	<p>Mocha Chiller Shakeology® Recipe: 1 cup cold coffee 1 scoop Chocolate Vegan, Chocolate, or Vanilla Shakeology Ice to taste</p> <p><i>TIP: Add a little bit of milk, or a milk alternative, and some cinnamon for the cappuccino or latte effect!</i></p>	 <p>Download Now</p>
Day 7		<p>Now that your body is getting into shape, what about your skin? Fine lines and wrinkles are the #1 concern with regards to aging skin. Skip the office visit and try Derm Exclusive®, Beachbody's latest line of anti-aging skincare! http://www.teambeachbody.com/beauty/derm-exclusive</p>	 <p>Download Now</p>


WEEK 11


Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 5	Motivation	Who's getting "foxy" today?!	 <p>Download Now</p>
Day 6	Shakeology	<p>This is one of my favorites! Try this delicious Tropical Strawberry Shakeology® recipe:</p> <p>Mojito (166 calories) 1 scoop vegan Tropical Strawberry Shakeology 1 Tbsp. fresh lime juice 1 cup water</p>	 <p>Download Now</p>

Week 12 – Lean Phase

- Day 1 – Lean Circuit 1
- Day 2 – Rest Day Day
- 3 – Lean Circuit 2
- Day 4 – Burn Intervals and Extreme Abs
- Day 5 – Lean Circuit 3
- Day 6 – Burn It Off! and Recharge
- Day 7 – Rest Day, Take Your Photos and Measurements!

WEEK 12

Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 1	Video and Day 90 Photos	Welcome to Week 12! Check out Chalene's video for the finale! http://youtu.be/FD6vrrU3U58 Also, it's your Day 90 photos at the end of the week! Time to show off your results! Wear the same clothes you wore on Day 1.	
Day 2	Motivation	You're so close to the finish line! Can you feel it? Finish STRONG this week!	<div style="background-color: black; color: white; padding: 10px; text-align: center;"> <p>You've only got three choices in life:</p> <p>Give up, give in, or give it all you've got.</p> </div> <p style="text-align: center;">Download Now</p>
Day 3	Nutrition Tip	Maintaining dietary consistency is key to success. To successful weight losers (or winners!), "diet" is not a bad word. They are always consistent with how many calories they are eating. There is no "cheat" day or falling off of the wagon during holidays or vacations.	 <p style="text-align: center;">Download Now</p>
Day 4	Motivation	You inspire everyone in your life just by Pushing Play every day. Your commitment to yourself and your health is INSPIRING!	<div style="background-color: red; color: white; padding: 10px; text-align: center;"> <p>"BE STRONG, YOU NEVER KNOW WHO YOU ARE INSPIRING"</p> </div> <p style="text-align: center;">Download Now</p>

Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 5	Shakeology	<p>As we're approaching the end of your Challenge, have you thought about which flavor of Shakeology® you're going to try next? There are so many flavor combos, there's no need to stick to only one! To switch your current flavor or to order a combo box, simply go to TeamBeachbody.com under "My Account," then from the left-side menu options, select "Customize Shakeology Home Direct."</p>	 <p>Download Now</p>
Day 6	Fitness	<p>Congratulations, you completed the ChaLEAN Extreme® Challenge! I'm so PROUD of you! I hope you feel AWESOME! If you haven't already, take your Day 90 photos and show off your results! Want to get a FREE ChaLEAN Extreme T-shirt and a chance to win cash and prizes? You've already done the work, now get the reward! Visit BeachbodyChallengeContest.com and send us your results.</p>	
Day 7	Rest	<p>Now that you are done with our ChaLEAN Extreme® Challenge, wouldn't it be fun to lead a Group of your own? My favorite part of being a Team Beachbody® Coach is seeing the results that people are able to achieve. Talk about fulfilling! To find out more about how you can become a Coach too, send me a message!</p>	