



## Instructions – How to Use This Guide

In this guide, you will find shareable Facebook<sup>®</sup> posts, including tips, recipes, videos, and more, that correspond to each week of your Power 90<sup>®</sup> 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) Set up a Facebook group.
- 2) Send out the Participant Guide to the Group.
- 3) Post Week 0 topics to your Facebook group.

### NOTE REGARDING LINKS:

This Weekly Coaching Guide contains links to products, tools, and resources on TeamBeachbody.com. To ensure you receive 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 into Facebook.

**?referringRepId=[yourID]**

*Example for Coach with repID of 2422 linking to Power 90 page:*

<http://www.TeamBeachbody.com/shop/-/shopping/Power90?referringRepId=2422>

### TRAINER VIDEOS:

Here is a list of all the weekly videos from Tony 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 weekly posts.

Week 1 – <http://youtu.be/34W3yXtsavo>

Week 2 – <http://youtu.be/BrxnwSy9m7U>

Week 3 – <http://youtu.be/8BBCbAM73Xg>

Week 4 – <http://youtu.be/7KiSUC18Rnk>

Week 5 – <http://youtu.be/-EiAX4rvUJY>

Week 6 – [http://youtu.be/F\\_INDD60af4](http://youtu.be/F_INDD60af4)

Week 7 – <http://youtu.be/vPaVbfyVngg>

Week 8 – <http://youtu.be/TeDgNV0GPM0>

Week 9 – <http://youtu.be/w0udbBkL7-E>

Week 10 – [http://youtu.be/\\_iGdA\\_JNfrY](http://youtu.be/_iGdA_JNfrY)

Week 11 – <http://youtu.be/eRGPTym3O0k>

Week 12 – <http://youtu.be/rNpz11jS4sY>

Week 13 - <http://youtu.be/bV1bcJzY38c>

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



## Week 0 (Leading up to Day 1)

Day of Week	Topic	Facebook Posts (Copy and Paste)
Day 1	Get Started Tip	<p>Open your Power 90 program, review the materials, and be sure to:</p> <ul style="list-style-type: none"> <li>* Read the Power 90 Program Guide.</li> <li>* Read the Power 90 Fat Burner Food Plan. As Tony says, nutrition is 50% of the equation.</li> <li>* Make sure you have the tools you need for success:</li> </ul> <p>Resistance:</p> <p>Option 1: Dumbbells (<a href="http://TeamBeachbody.com/shop/-/shopping/MDACCDUM">http://TeamBeachbody.com/shop/-/shopping/MDACCDUM</a>)</p> <ul style="list-style-type: none"> <li>• Depending on your fitness level you will need two of each weight starting at 3 lbs. and going as high as you want!</li> </ul> <p>Option 2: Resistance Bands (<a href="http://TeamBeachbody.com/shop/-/shopping/BLINEBandKits">http://TeamBeachbody.com/shop/-/shopping/BLINEBandKits</a>)</p> <ul style="list-style-type: none"> <li>• Men in reasonable shape tend to prefer to start with the magenta (B4) band and graduate to green (B8) by Phase IV.</li> <li>• Women tend to prefer starting with the pink (B3) and eventually end with the red (B6) by Phase IV.</li> </ul> <p>I also recommend Tony Horton's PowerStands<sup>®</sup> (<a href="http://TeamBeachbody.com/shop/-/shopping/THSPowerStands">http://TeamBeachbody.com/shop/-/shopping/THSPowerStands</a>) for additional intensity as you work through the program, and the Beachbody<sup>®</sup> Jump Mat (<a href="http://TeamBeachbody.com/shop/-/shopping/BBJumpMat">http://TeamBeachbody.com/shop/-/shopping/BBJumpMat</a>) for floor work.</p>
Day 2	"Before" Pictures and Measurements	Don't forget to take your "before" pictures and measurements, and record them in your Program Guide. Be sure to "like" this post after you've done it!
Day 3	Schedule	Choose your daily workout schedule, and block off those times on your calendar.
Day 4	Motivation	Write down the three reasons you're making this commitment. Examples: "I want to see if I can get ripped abs," "Completing this will make me feel good about myself," "I want to have more energy to keep up with my kids." Now, make a copy of your motivators and put it on the fridge. It helps!
Day 5	Beachbody Challenge <sup>™</sup> Contest	Log on to <a href="http://www.BeachbodyChallenge.com">www.BeachbodyChallenge.com</a> 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 6	SuperGym <sup>®</sup> Login	Log into SuperGym on Team Beachbody ( <a href="http://www.TeamBeachbody.com/get-fit/supergym">http://www.TeamBeachbody.com/get-fit/supergym</a> ) and auto-schedule your workouts for 90 days starting on Day 1. You can also use SuperGym to log your measurements and daily workouts, too. Then it's easy to track the progress we're making!



## Week 1 Schedule

Day 1: Sculpt Circuit 1–2  
 Day 2: Sweat Cardio 1–2/Abs 100  
 Day 3: Sculpt Circuit 1–2  
 Day 4: Sweat Cardio/Abs 100  
 Day 5: Sculpt Circuit 1–2  
 Day 6: Sweat Cardio 1–2/Abs 100  
 Day 7: Rest

Day of Week	Topic	Facebook Posts (Copy and Paste)
Day 1	Video	Take a look at this video from Tony for Week 1! <a href="http://youtu.be/34W3yXtsavo">http://youtu.be/34W3yXtsavo</a>
Day 2	Nutrition	Replacing one meal a day with Shakeology® is a convenient, affordable, and EASY way to hit your nutrition goals. Great for traveling too!
Day 3	Fitness	Be sure to note your reps and weights. If you know your starting point, it's much easier to track your progress throughout the program.
Day 4	Nutrition	Hydrate and cleanse your body by drinking water. Drink at least 2 liters or 8 glasses of water a day.
Day 5	Shakeology	Try these yummy Shakeology recipes!  <b>Vanilla Peanut Banana</b> <ul style="list-style-type: none"> <li>• 1 scoop Chocolate Shakeology</li> <li>• 1/2 cup nonfat vanilla yogurt</li> <li>• 1/2 medium banana</li> <li>• 1 Tbsp. peanut butter</li> <li>• 1 cup milk</li> </ul> <b>Thai Iced Coffee</b> <ul style="list-style-type: none"> <li>• 1 scoop Chocolate Shakeology</li> <li>• 1 cup strongly brewed, chilled coffee</li> <li>• 1/2 tsp. cardamom</li> <li>• 1/2 tsp. almond extract</li> </ul>
Day 6	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 is everyone feeling?



## Week 2 Schedule

Day 1: Sculpt Circuit 1–2  
 Day 2: Sweat Cardio 1–2/Abs 100  
 Day 3: Sculpt Circuit 1–2  
 Day 4: Sweat Cardio/Abs 100  
 Day 5: Sculpt Circuit 1–2  
 Day 6: Sweat Cardio 1–2/Abs 100  
 Day 7: Rest

Day of Week	Topic	Facebook Posts (Copy and Paste)
Day 1	Video	Take a look at this video from Tony for Week 2! <a href="http://youtu.be/BrxnwSy9m7U">http://youtu.be/BrxnwSy9m7U</a>
Day 2	Nutrition	You may be wondering when the best time is to drink Shakeology during your Power 90 day.  One of the beautiful things about Shakeology is how versatile it is. Because it helps you digest anything you consume along with it, there isn't really a wrong time to have it. Shakeology can be effective preworkout, postworkout, or any time during the day when your energy's flagging and you need a pick-me-up. Or you can make Shakeology smoothies and simply replace your meals. Basically, you can't go wrong.
Day 3	Fitness Engagement Question	If you are sensitive to certain moves, be sure to look at the "Alternative Movements" section of the Program Guide. Along those lines, follow all the stretching in each workout—that is a critical strategy to increase circulation and reduce lactic acid within the muscles. That speeds recovery. Is anyone using alternate movements?
Day 4	Motivation	"If you don't do what's best for your body, you're the one who comes up on the short end."—Julius Erving
Day 5	Shakeology	Try these yummy Shakeology recipes!  <b>Cinnamon Pecan Cream</b> <ul style="list-style-type: none"> <li>• 1 scoop Chocolate Shakeology</li> <li>• 1 cup nonfat milk</li> <li>• 1 Tbsp. cinnamon</li> <li>• 1/8 cup chopped pecans</li> </ul> <b>Berry Blast</b> <ul style="list-style-type: none"> <li>• 1 scoop Greenberry Shakeology</li> <li>• 1/2 cup berry medley</li> <li>• 1 cup almond milk</li> <li>• 1 tsp. honey</li> </ul>
Day 6	Motivation	Great work team! Way to power through Week 2. How is everyone feeling?



### Week 3 Schedule

Day 1: Sculpt Circuit 1–2  
 Day 2: Sweat Cardio 1–2/Abs 100  
 Day 3: Sculpt Circuit 1–2  
 Day 4: Sweat Cardio/Abs 100  
 Day 5: Sculpt Circuit 1–2  
 Day 6: Sweat Cardio 1–2/Abs 100  
 Day 7: Rest

Day of Week	Topic	Facebook Post (Copy and Paste)
Day 1	Video	Take a look at this video from Tony for Week 3! <a href="http://youtu.be/8BBCbAM73Xg">http://youtu.be/8BBCbAM73Xg</a>
Day 2	Nutrition	Tips for choosing foods – Proteins: <ul style="list-style-type: none"> <li>• Choose lean meats (turkey, chicken, pork) vs. fatty red meats.</li> <li>• The portion of meat for a meal should be no larger than the palm of your hand (around 3 to 4 ounces).</li> <li>• Broil, grill, or bake—never fry!</li> <li>• Avoid cream sauces and gravies.</li> <li>• If you don't eat meat, substitute tempeh, tofu, low-fat dairy products, and legumes.</li> </ul>
Day 3	Fitness Engagement Question	What move(s) are you finding most challenging?
Day 4	Success Story	Kim M.'s Power 90 story:  "I'm 33 and have struggled with being overweight all my life. Like many people, when I met my husband, I got comfortable and the weight started to pile on even more. It didn't help that we would eat out most nights and weren't very active. I threw myself into my work and volunteer activities, missing sleep, and eating very poorly. I never made time for ME, always stretching myself to the limits to help others instead. Life was just too busy to find time to eat healthy and exercise . . . or so I thought. When I began a new job, my coworkers were doing a weight loss challenge and I wouldn't join because I didn't want to get weighed in front of everyone (incidentally, I would've won that challenge had I participated). Being completely fed up with feeling miserable, depressed, and embarrassed all the time, I decided it was time to try again and this time, make it stick! I began Power 90 in the beginning of June and realized nutrition was also key. I cut out all sugar and processed foods, and minimized my carb intake. The weight began to fall off, which gave me the encouragement to keep going. Normally, I would've quit in the first month; it had been my pattern all my life. I found a great source of motivation in the Team Beachbody message boards and still keep in contact with many members of my original Power 90 group. Now exercising and eating right has become a lifestyle and I've continued to steadily lose weight. The best part is being able to walk into any store and purchase clothing, something I've never been able to do in my life."



# Power 90<sup>®</sup> 90-Day Challenge Group

## Weekly Coaching Guide



Day of Week	Topic	Facebook Post (Copy and Paste)
Day 5	Shakeology	<p>Try these yummy Shakeology<sup>®</sup> recipes!</p> <p><b>Chocolate Sea Salt</b></p> <ul style="list-style-type: none"><li>• 1 scoop Chocolate Shakeology</li><li>• 1 cup nonfat milk</li><li>• 1 dash sea salt</li></ul> <p><b>Creamy Cantaloupe</b></p> <ul style="list-style-type: none"><li>• 1 scoop Tropical Strawberry Shakeology</li><li>• 1 cup rice milk</li><li>• 1/2 cup cantaloupe chunks</li></ul>
Day 6	Motivation	<p>Way to go, everyone—we are through Week 3! How is everyone feeling?</p>



## Week 4 Schedule

- Day 1: Sculpt Circuit 1–2
- Day 2: Sweat Cardio 1–2/Abs 100
- Day 3: Sculpt Circuit 1–2
- Day 4: Sweat Cardio/Abs 100
- Day 5: Sculpt Circuit 1–2
- Day 6: Sweat Cardio 1–2/Abs 100
- Day 7: Rest

Day of Week	Topic	Facebook Post (Copy and Paste)
Day 1	Video	Take a look at this video from Tony for Week 4! <a href="http://youtu.be/7KiSUC18Rnk">http://youtu.be/7KiSUC18Rnk</a>
Day 2	Fitness	Wondering whether you should use dumbbells or bands? Variety is the spice of life. Don't fall into a pattern that might create a plateau in your workouts. If you're a dumbbell fan, then it's important to also be band-savvy for road trips. If you're a band fan, then don't be afraid to try dumbbells so you can experience a different type of resistance.
Day 3	Engagement Question	What's your favorite workout so far?
Day 4	Nutrition	<p>Shakeology is an incredibly nutrient-rich snack—an ideal pick-me-up snack when you're on the go. It's better, in fact, than a lot of energy drinks. While something like an energy drink might give you more up-front punch, Shakeology will give you <i>sustained energy</i> because it's providing nutrients your body needs to get things done, and it has a low glycemic impact, which helps keep blood sugar levels stable.</p> <p>Shakeology's macronutrient ratio splits the difference among sports drink, protein shake, and recovery drink, but it can substitute for any or all of them, because it also has an excellent micronutrient profile. Most people are focused only on macronutrients (proteins, fats, and carbs), but macronutrients are only part of your nutritional equation. Micronutrients are things like phytonutrients, adaptogens, and other scientific-sounding stuff. While we refer to these as "micro," nutritionally, they're anything but small. Many of them are absolutely essential for a healthy life. Shakeology speeds these micronutrients into your system, which enables you to perform better.</p>
Day 5	Shakeology	<p>Try this yummy Shakeology recipe!</p> <p><b>Pineapple Pucker</b></p> <ul style="list-style-type: none"> <li>• 1 scoop Greenberry Shakeology</li> <li>• 1 cup pineapple juice</li> </ul>
Day 6	Motivation	"Take care of your body with steadfast fidelity. The soul must see through these eyes alone, and if they are dim, the whole world is clouded."—Goethe



## Week 5 Schedule

Day 1: Sculpt Circuit 1–2  
 Day 2: Sweat Cardio 1–2/Abs 100  
 Day 3: Sculpt Circuit 1–2  
 Day 4: Sweat Cardio/Abs 100  
 Day 5: Sculpt Circuit 1–2  
 Day 6: Sweat Cardio 1–2/Abs 100  
 Day 7: Rest

Day of Week	Topic	Facebook Post (Copy and Paste)
Day 1	Video	Take a look at this video from Tony for Week 5! <a href="http://youtu.be/-EiAX4rvUJY">http://youtu.be/-EiAX4rvUJY</a>
Day 2	Nutrition	If you're hungry all the time and having trouble recovering from your workouts, add some food. Just keep it healthy. The simplest way is to make your meals larger by adding some veggies. You can also opt to add 1 to 2 ounces of protein to the suggested portion size.
Day 3	Fitness	Remember to be diligent in your pursuit of "The Burn." Those last 3 to 5 reps must be tough. It's the difference between success and failure. 8 to 10 reps build muscle. 12 to 20 reps sculpt. But whatever you do, never compromise good form for extra reps.
Day 4	Motivation	"He that is good for making excuses is seldom good for anything else."— Benjamin Franklin
Day 5	Shakeology	Try this yummy Shakeology® recipe!  <b>Thai Coconut Lemongrass</b> <ul style="list-style-type: none"> <li>• 1 scoop Chocolate Shakeology</li> <li>• 1 cup coconut water</li> <li>• 1 dash lemongrass powder</li> </ul>
Day 6	Motivation	Great work. How is everyone feeling?





## Week 6 Schedule

Day 1: Sculpt Circuit 1–2  
 Day 2: Sweat Cardio 1–2/Abs 100  
 Day 3: Sculpt Circuit 1–2  
 Day 4: Sweat Cardio/Abs 100  
 Day 5: Sculpt Circuit 1–2  
 Day 6: Sweat Cardio 1–2/Abs 100  
 Day 7: Rest

Day of Week	Topic	Facebook Post (Copy and Paste)
Day 1	Video	Check out this week's video from Tony! <a href="http://youtu.be/F_INDD60af4">http://youtu.be/F_INDD60af4</a>
Day 2	Nutrition	<p>More tips on choosing food:</p> <ul style="list-style-type: none"> <li>• Use fresh vegetables to replace processed foods and you'll lose weight.</li> <li>• Skinless white meat is generally a better choice than red meat.</li> <li>• Egg whites have less fat than whole eggs.</li> <li>• Choose low-density, high-fiber foods whenever possible.</li> </ul>
Day 3	Fitness	<p>As we work through Week 6—some words of wisdom from Tony:</p> <p>It's easy to think of valid and legitimate reasons NOT to work out on any given day. We get sick and tired, overwhelmed, discouraged, overworked, and stressed out, and we travel too much and under-sleep, and well, the list goes on. So what do we do about it? QUIT! Some of us do. What about the people who don't quit? What the hell makes them so special? Why are some folks successful and others not? The answer is that the successful, committed, and motivated people have tricks. They've found a way to do it anyway. Here's my list that will help keep you motivated:</p> <ol style="list-style-type: none"> <li>1. Stop beating yourself up if you miss a workout! It's OK to miss a workout once in a while. It doesn't mean the whole thing has gone to hell in a handbasket. Life happens . . . Priorities shifted that day. So what? Start where you left off. No big deal.</li> <li>2. Don't freak out if you don't see results in the first 30 to 50 days. What, no results in the first month and a half? See, I knew you'd freak out. The point I'm trying to make here is that we all have a different starting point. Some will see results the first week. Based on age, body weight, how out of shape they were when they started, flexibility, athletic background, etc., others will have to wait a little longer. Power 90 means 90 days, not 90 minutes.</li> </ol>



Day of Week	Topic	Facebook Post (Copy and Paste)
Day 3	Fitness	<p>3. On your most exhausting, overwhelming, lackluster days, stick the DVD in the player and see what happens. Be fully committed to having a lousy workout. You must be OK with the fact you will be weak and puny and rotten at it. Any workout, no matter how bad it is, is always better than NO workout at all. You just can't feel bad after a workout. Ever! If you've got good energy and you do the best you can, you'll have a great workout. If your energy and motivation are in the toilet and you do it anyway (even poorly), you've had a great workout!</p> <p>4. Buy a calendar and a big, fat red marker. Power 90 has everything you'll need to rock your world. But for those of you who are having trouble with motivation, I want you to place this calendar where you see it all the time—on the front door, bathroom mirror, or refrigerator, or next to the TV, etc. For every day you do Power 90, write a big, fat, red X. You might also want to write down if it was a Sculpt or Cardio day. I still do this after 20 plus years of training. X means I showed up. No X means I didn't show up.</p> <p>5. I want you to write this on your calendar: THE JOY OF DISCIPLINE OR THE PAIN OF REGRET, WHICH WILL IT BE TODAY?</p> <p>Well, I hope that keeps the fire burning. We have this powerful temple called the human body. If we treat it right, the world is our playground.</p> <p>Power on! Tony H.</p>
Day 4	Fitness	<p>Form is one of the most important things to consider when exercising. Don't be afraid to watch yourself in a mirror, with a video camera, or even in a Skype® session with another member of the Group. Not using proper form can lead to injury and muscular imbalances. So stick to good form and get ready for the results.</p>
Day 5	Shakeology	<p>Try this yummy Shakeology recipe!</p> <p><b>Banana Spice</b></p> <ul style="list-style-type: none"> <li>• 1 scoop Chocolate Shakeology</li> <li>• 1 cup water</li> <li>• 1/2 banana</li> <li>• 1 Tbsp. cinnamon</li> </ul>
Day 6	Motivation	<p>We're almost halfway there! How is everyone feeling?</p>



**Week 7 Schedule**

- Day 1: Sculpt Circuit 1–2
- Day 2: Sweat Cardio 1–2/Abs 100
- Day 3: Sculpt Circuit 1–2
- Day 4: Sweat Cardio/Abs 100
- Day 5: Sculpt Circuit 1–2
- Day 6: Sweat Cardio 1–2/Abs 100
- Day 7: Rest

Day of Week	Topic	Facebook Post (Copy and Paste)
Day 1	Video	See what Tony has to say this week! <a href="http://youtu.be/vPaVbfyVngg">http://youtu.be/vPaVbfyVngg</a>
Day 2	Nutrition	It is important to follow a regular eating schedule. First, it keeps your blood sugar stable instead of peaking and crashing, which can lead to overeating and a general poor feeling. Second, regular meals can help speed up your metabolism by challenging it to keep processing calories, rather than sharing them in a game of "feast or famine."
Day 3	Engagement Question	Where are you seeing the most progress?
Day 4	Success Story	<p>Brent N.'s Power 90 Success Story:</p> <p>"I've always been a big guy except for a couple of brief periods in my life. Even after joining the Coast Guard I was always right on the edge of the maximum allowable weight. I'd dabbled with dieting but always felt so deprived. I occasionally went to the gym but never knew what I was doing and even injured myself once because of it. I just assumed I was destined to be fat.</p> <p>I knew I needed to do something but I didn't know what. I needed someone to tell me exactly what to do, how to do it, and when. I began searching the internet for weight loss and exercise programs and P90X® was a recurring theme. I remembered hearing about it and that it was tough; the Web sites I went to certainly confirmed it. I knew I wasn't ready for P90X but I saw a blog posting about Power 90 and how it was geared towards beginners. I went to Beachbody's Web site and began reading the testimonials. I read every story, looked at every "before" and "after" picture, and watched every video several times.</p> <p>After my epiphany, I ordered Power 90 and found out everything I thought I knew about fitness was wrong.</p>



Day of Week	Topic	Facebook Post (Copy and Paste)
Day 4 Continued		<p>Exercise didn't take forever. Healthy food was more than salad. I expected to be starving on the meal plan but I wasn't. I learned to modify recipes to include better foods from Michi's Ladder. I became a label reader, I shunned packaged foods, and I discovered Shakeology.</p> <p>I began to look forward to exercise. It was incredible to watch and feel my body improve as I progressed. I still do double takes in mirrors and can't always immediately find myself in group pictures. I'm not where I want to be yet but I'm closer than I ever thought I'd be.</p> <p>Power 90 and Beachbody have helped me to finally understand diet and exercise. I've come to enjoy much simpler food and drink so much more water than ever before. I've discovered the beauty of moderation with sweets and sodas, something I never thought I'd do. I've even begun studying for certification as a personal trainer!"</p>
Day 5	Shakeology	<p>Try this yummy Shakeology recipe!</p> <p><b>Pineapple Chili</b></p> <ul style="list-style-type: none"> <li>• 1 scoop Chocolate Shakeology</li> <li>• 1 cup water</li> <li>• 1/2 cup pineapple</li> <li>• 1 tsp. chili powder</li> </ul>
Day 6	Motivation	We're past the halfway point! Way to go, everyone.



**Week 8 Schedule**

- Day 1: Sculpt Circuit 3–4
- Day 2: Sweat Cardio 3–4/Ab Ripper 200
- Day 3: Sculpt Circuit 3–4
- Day 4: Sweat Cardio 3–4/Ab Ripper 200
- Day 5: Sculpt Circuit 3–4
- Day 6: Sweat Cardio 3–4/Ab Ripper 200
- Day 7: Rest

Day of Week	Topic	Facebook Post (Copy and Paste)
Day 1	Video	Take a look at Tony's message for this week. <a href="http://youtu.be/TeDgNV0GPm0">http://youtu.be/TeDgNV0GPm0</a>
Day 2	Nutrition	<p>To get lean, you need to eat the right kind of fat. Avoid saturated and trans fats (which are found in red meat, full-fat dairy products, and many packaged foods), and instead choose monounsaturated and polyunsaturated fats. Here are some of the best sources of fat to help you reach your weight goal.</p> <ol style="list-style-type: none"> <li>1. Fish. Fish like salmon, albacore tuna, herring, mackerel, and sardines contains beneficial amounts of omega-3 fatty acids. Most experts agree that eating two servings of fatty fish per week is safe for people who are worried about mercury or other toxins. (Pregnant women should consult with their doctors about consuming fish.) If you don't like fish, a quality supplement like Beachbody Core Omega-3™ will give you the benefits without the fishy taste.</li> <li>2. Olive oil. Heart-healthy oils like olive, canola, and peanut oil are excellent sources of fat for dieters. They have also been shown to lower bad cholesterol and reduce the risk of heart disease. Use them sparingly when sautéing, or drizzle them over your favorite salad vegetables with a little vinegar and some herbs to maximize the absorption of nutrients. Moderation is important: You really only need about a teaspoon of oil to get all its benefits. Using more will add significant calories.</li> <li>3. Avocados. Eat a spinach and carrot salad with a little avocado, and you'll not only get a dose of good fat, but you'll also absorb more phytonutrients like lutein and beta-carotene. Scientists at Ohio State University in Columbus found that more antioxidants were absorbed when people ate a salad containing avocados than when they ate a salad without this tasty fruit. One quarter of an avocado will add flavor while only adding about 75 calories.</li> </ol>





Day of Week	Topic	Facebook Post (Copy and Paste)
Day 2	Nutrition	<p>4. Nuts. Almonds, walnuts, pecans, and peanuts are powerhouses of good nutrition—full of antioxidants, minerals, and monounsaturated fat. The Nurses Health Study, where more than 86,000 nurses were followed for 14 years, found that those who ate nuts regularly (about an ounce per day) tended to weigh less than those who didn't. The protein, fat, and fiber make nuts more filling, which helps dieters stay on track. Plus there's a psychological bonus to eating nuts: Because they're rich and satisfying, you probably won't feel like you're on a diet.</p> <p>5. Flaxseeds. Packing the triple wallop of fat, protein, and fiber, flaxseeds are a delicious and healthful addition to any diet. You can grind them up and add them to oatmeal, yogurt, salads, or vegetables, or pretty much anywhere you want a nutty crunch. They're a plant source of omega-3 fatty acids, making them a good choice for vegetarians or the aforementioned non-fish-loving folks. Ground flaxseeds also have 3 grams of fiber per tablespoon, which helps slow digestion and keep your blood sugar stable.</p>
Day 3	Engagement question	What's your favorite workout NOW?
Day 4	Motivation	You are one workout away from a good mood!
Day 5	Shakeology	<p>Try this yummy Shakeology recipe!</p> <p><b>Double Chocolate Nut</b></p> <ul style="list-style-type: none"> <li>• 1 scoop Chocolate Shakeology</li> <li>• 1 cup unsweetened chocolate almond milk</li> <li>• 1 Tbsp. peanut butter</li> </ul>
Day 6	Motivation	"There are no shortcuts to any place worth going."—Beverly Sills



## Week 9 Schedule

Day 1: Sculpt Circuit 3–4  
 Day 2: Sweat Cardio 3–4/Ab Ripper 200  
 Day 3: Sculpt Circuit 3–4  
 Day 4: Sweat Cardio 3–4/Ab Ripper 200  
 Day 5: Sculpt Circuit 3–4  
 Day 6: Sweat Cardio 3–4/Ab Ripper 200  
 Day 7: Rest

Day of Week	Topic	Facebook Post (Copy and Paste)
Day 1	Video	Take a look at Tony's message for this week. <a href="http://youtu.be/w0udbBkL7-E">http://youtu.be/w0udbBkL7-E</a>
Day 2	Nutrition	Need more energy before a workout? Beachbody's E&E Energy & Endurance™ Formula is a powerful preworkout drink that is scientifically formulated to dramatically improve your <b>energy, endurance, strength, and focus</b> , to help you take your workout to the next level. <a href="http://TeamBeachbody.com/shop/-/shopping/EandETub">http://TeamBeachbody.com/shop/-/shopping/EandETub</a>
Day 3	Fitness	A word from Tony:  "Matching me move for move has nothing to do with your level of achievement. Achievement comes when you do the best you can with what you have. It's NOT a competition with me or anyone else doing this program. Don't try to be better than others. Try being better than you were before."
Day 4	Motivation	"Achievement is largely the product of steadily raising one's level of aspiration . . . and expectation."—Jack Nicklaus
Day 5	Shakeology	Try this yummy Shakeology recipe!  <b>Cherry Pomegranate</b> <ul style="list-style-type: none"> <li>• 1 scoop Chocolate Shakeology</li> <li>• 1/2 cup pomegranate juice</li> <li>• 1/2 cup water</li> <li>• 1/2 cup pitted black cherries</li> </ul>
Day 6	Motivation	Like this post if you took your Day 60 photos. Does anyone have results they are comfortable sharing?



## Week 10 Schedule

Day 1: Sculpt Circuit 3–4  
Day 2: Sweat Cardio 3–4/Ab Ripper 200  
Day 3: Sculpt Circuit 3–4  
Day 4: Sweat Cardio 3–4/Ab Ripper 200  
Day 5: Sculpt Circuit 3–4  
Day 6: Sweat Cardio 3–4/Ab Ripper 200  
Day 7: Rest

Day of Week	Topic	Facebook Post (Copy and Paste)
Day 1	Video	Watch what Tony has to say about Week 10! <a href="http://youtu.be/_iGdA_JNfrY">http://youtu.be/_iGdA_JNfrY</a>
Day 2	Nutrition	<p>More tips on choosing food – Vegetables:</p> <ul style="list-style-type: none"> <li>• A large salad is great, but try to limit the dressing to one to two tablespoons of low-fat or nonfat dressing (like vinaigrette) instead of lots of creamy dressing which can blow the whole reason for eating salad anyway.</li> <li>• A side portion of veggies should be steamed or raw. Prepared this way, veggies have so few calories that you can pretty much eat them 'til you're full. A plateful of raw veggies has about 100 calories. Indulge!</li> <li>• Avoid butter or cream-based sauces on veggies. Lemon juice, soy sauce, and mustard are good ways to add flavor without adding fat calories.</li> </ul>
Day 3	Engagement Question	Think about the workouts that were hardest for you in Week 1. What move have you seen your biggest improvement in at this point?
Day 4	Motivation	"Ability is what you're capable of doing. Motivation determines what you do. Attitude determines how well you do it."—Lou Holtz
Day 5	Shakeology	<p>Try this yummy Shakeology recipe!</p> <p><b>Cantaloupe Star Anise</b></p> <ul style="list-style-type: none"> <li>• 1 scoop Chocolate Shakeology</li> <li>• 1 cup nonfat milk</li> <li>• 1/2 cup cantaloupe</li> <li>• 1/2 tsp. anise extract</li> </ul>
Day 6	Motivation	"The difference between the impossible and the possible lies in a person's determination."—Tommy Lasorda



## Week 11 Schedule

Day 1: Sculpt Circuit 3–4  
 Day 2: Sweat Cardio 3–4/Ab Ripper 200  
 Day 3: Sculpt Circuit 3–4  
 Day 4: Sweat Cardio 3–4/Ab Ripper 200  
 Day 5: Sculpt Circuit 3–4  
 Day 6: Sweat Cardio 3–4/Ab Ripper 200  
 Day 7: Rest

Day of Week	Topic	Facebook Post (Copy and Paste)
Day 1	Video	Check out Tony's message this week! <a href="http://youtu.be/eRGPtym3O0k">http://youtu.be/eRGPtym3O0k</a>
Day 2	Nutrition	The body is almost 70% water, and this plentiful liquid is required for almost every function the body performs. Consume at least half of your body weight in ounces of water, on a daily basis, to stay hydrated and get the most out of every workout.
Day 3	Fitness	"Yoga is invigoration in relaxation. Freedom in routine. Confidence through self control. Energy within and energy without."—Ymber Delecto
Day 4	Motivation	"Many of life's failures are people who did not realize how close they were to success when they gave up."—Thomas Edison  You are almost there!
Day 5	Shakeology	Try this yummy Shakeology® recipe!  <b>Avocado Dream</b> <ul style="list-style-type: none"> <li>• 1 scoop Chocolate Shakeology</li> <li>• 1 cup nonfat milk</li> <li>• 1/4 cup avocado</li> </ul>
Day 6	Engagement Question	What is your greatest accomplishment so far?



## Week 12 Schedule

Day 1: Sculpt Circuit 3–4  
 Day 2: Sweat Cardio 3–4/Ab Ripper 200  
 Day 3: Sculpt Circuit 3–4  
 Day 4: Sweat Cardio 3–4/Ab Ripper 200  
 Day 5: Sculpt Circuit 3–4  
 Day 6: Sweat Cardio 3–4/Ab Ripper 200  
 Day 7: Rest

Day of Week	Topic	Facebook Post (Copy and Paste)
Day 1	Video	We're almost there . . . See Tony's message for this week! <a href="http://youtu.be/yXjUZRUz2wQ">http://youtu.be/yXjUZRUz2wQ</a>
Day 2	Engagement Question	What's your favorite "Tonyism"?
Day 3	Fitness	Focus on what you need to do in these last two weeks to get you even closer to what you set out to do.
Day 4	Motivation	"Great works are performed not by strength but by perseverance."— Samuel Johnson
Day 5	Shakeology	Try this yummy Shakeology recipe!  <b>Almond Dream</b> <ul style="list-style-type: none"> <li>• 1 scoop Tropical Strawberry Shakeology</li> <li>• 1 Tbsp. almond butter</li> <li>• 1 cup almond milk</li> </ul>
Day 6	Motivation	The hard part is over! Just one week to go. Rock on, everyone.





## Week 13 Schedule

Day 1: Sculpt Circuit 3–4  
 Day 2: Sweat Cardio 3–4/Ab Ripper 200  
 Day 3: Sculpt Circuit 3–4  
 Day 4: Sweat Cardio 3–4/Ab Ripper 200  
 Day 5: Sculpt Circuit 3–4  
 Day 6: Sweat Cardio 3–4/Ab Ripper 200  
 Day 7: Rest

Day of Week	Topic	Facebook Post (Copy and Paste)
Day 1	Video	Check out Tony's video for our final week! <a href="http://youtu.be/rNpzl1jS4sY">http://youtu.be/rNpzl1jS4sY</a>
Day 2	Shakeology	<p>Try these yummy Shakeology Chocolate recipes!</p> <p><b>Chocolate Banana Nutter</b></p> <ul style="list-style-type: none"> <li>• 1 scoop Chocolate Shakeology</li> <li>• 1 Tbsp. natural peanut butter</li> <li>• 1 banana</li> <li>• 1 cup water</li> </ul> <p><b>Chocolate-Covered Strawberries</b></p> <ul style="list-style-type: none"> <li>• 1 scoop Chocolate Shakeology</li> <li>• 1 cup strawberries</li> <li>• 1 cup water</li> </ul>
Day 3	Nutrition	<p>Tip for helping you manage your inner Cookie Monster<sup>®</sup>:</p> <p>Treat yourself. Ever notice how denying yourself something only makes you want it more? According to researchers, dieters who were told not to even think about chocolate ate twice as many candies as people who weren't. The solution? Have a taste instead of eating the whole treat—or make smart substitutions. Instead of fried foods, have some edamame. Or trade a bowl of ice cream for an ice milk fudge bar.</p>
Day 4	Fitness	<p>So what's next? If you want to take it to the next level, take the P90X Fit Test and see if you're ready to Bring It!<sup>®</sup> with Tony. Or if you're feeling short on time, Tony's 10-Minute Trainer<sup>®</sup> (<a href="http://TeamBeachbody.com/shop/-/shopping/10MinTrainer">http://TeamBeachbody.com/shop/-/shopping/10MinTrainer</a>) can be a great option. If you're not ready to move on yet, try another round of Power 90 or go into maintenance mode with Power Half Hour<sup>®</sup> and Power 90 Master Series (<a href="http://TeamBeachbody.com/shop/-/shopping/Power90MS">http://TeamBeachbody.com/shop/-/shopping/Power90MS</a>). Just keep moving!</p>

# Power 90<sup>®</sup> 90-Day Challenge Group

## Weekly Coaching Guide



Day of Week	Topic	Facebook Post (Copy and Paste)
Day 5	Motivation	"If you'll not settle for anything less than your best, you will be amazed at what you can accomplish in your lives."—Vince Lombardi
Day 6	Motivation	Way to go everyone! You are Power 90 graduates—a very special club. You should be incredibly proud of yourselves. "Like" this post when you've taken your Day 90 pictures and measurements and submitted your materials for the Beachbody Challenge contest at <a href="http://www.BeachbodyChallenge.com/">http://www.BeachbodyChallenge.com/!</a>