

Instructions – How to Use This Guide

In this guide, you will find shareable Facebook® posts, including tips, recipes, videos, and more, that correspond to each week of your Shakeology® 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) 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.

?referringRepld=[yourID]

Example for Coach with repID of 2422 linking to P90X® page:


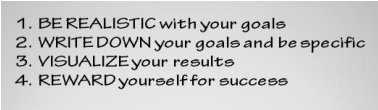
<http://www.TeamBeachbody.com/shop/-/shopping/P90X?referringRepld=2422>

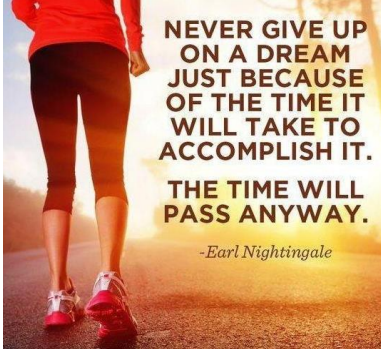
Download all images in this Challenge Guide:

http://images.beachbody.com/tbb/images/challenge_group_guides/SHK/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 to our Shakeology® Challenge Group! This is our group's private Facebook® page and throughout the next 90 days 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>Download Now</p>
Day 2	Setting Goals	<p>Four tips on how to successfully set and achieve your goals:</p>	 <p>Download Now</p>
Day 3	Shake Homework	<p>Prep Work: Before our Challenge Group officially begins, check out these Shakeology® recipes and find a few favorites that help you to look forward to your daily shake. A lot of these shakes have overlapping ingredients, so shop in bulk and freeze whatever you can!</p> <p>Here are some delicious recipes to get you started: http://www.teambeachbody.com/eat-smart/shakeology-recipes</p>	

Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 4	Prep for Success		 <p style="text-align: center;">Download now</p>
Day 5	Icebreaker	<p>Let's introduce ourselves! Post a fun fact about yourself, why you're here, and what you hope to get out of this Group.</p>	
Day 6	"Before" Pictures and Measurements	<p>1-2-3 . . . Smile! Be sure to take your "before" photos and measurements today, so as your transformation is underway, you can measure your changes against where you began. We know no one likes to document things about themselves that they want to change, but trust us, do it now, and you'll be thankful later. Plus, the "before" and "after" info is the only way you can enter the Beachbody Challenge™ Contest, get your FREE T-shirt, and have a chance to win cash and prizes! Here's a quick video with tips on how to take your prize-worthy "before" shot: http://www.teambeachbody.com/showcase/-/bcp/85185579001/1?referringRepld=1 "Like" this post after you've taken your photos and measurements!</p>	

Week 1

WEEK 1




Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 1	Introduction	And we're officially off to the races! Make sure you took your Day 1 "before" photos today so you can enter the Beachbody Challenge™ at the end of your program and possibly win \$\$\$ like Rose.	 <p>Download Now</p>
Day 2	Information/ Video Journal	The first week of Shakeology® is so transformative. Check out Heather's video to see how her body responded during her first 7 days on Shakeology, and consider keeping a video diary yourself! http://www.youtube.com/watch?v=g5I2O4A9tVs&list=UUKMBDgXDMqw4wQ-OzHEhIQ&index=5&feature=plcp	
Day 3	Health Tip	One of the best ways to lose weight is to fuel your body with water, healthy fruits, veggies, and lean proteins—that way you'll have the oomph to work out, build muscle, and burn calories.	 <p>Download Now</p>

Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 4	Digestive Discomfort Tip	<p>Real talk: Are you feeling digestive discomfort at this stage in the game? Try using ½ scoop, twice daily—then slowly work up to 1 full scoop per serving. OR 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. Keep with it! A survey from May 2013 shows that if you drink Shakeology® every day, your digestion and regularity may improve!</p>	 <p>Download Now</p> <p>Download Now</p>
Day 5	Fitness Tip	<p>Eating right is only ½ the battle. Exercise is the other ½. So whether you're doing a Beachbody® program or even getting out and walking, you have to schedule your workouts. Or else you'll come up with a million reasons why you're too busy! What strategies do you use to keep yourself on track?</p>	 <p>Download Now</p>

Week 2

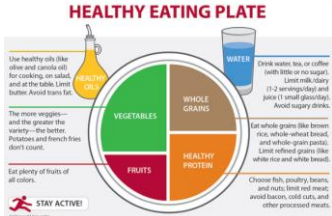



			WEEK 2
Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 1	Inspirational Quote/Drink Daily	What I'm trying to say is drink Shakeology® daily! It's important to make it a daily HABIT.	<p style="text-align: center;">Download Now</p>
Day 2	Benefits	If you've been keeping up with your daily Shakeology® routine, you should be experiencing positive changes. Do you feel more energized?	<p style="text-align: center;">Download Now</p>
Day 3	Ingredient Spotlight	Awesome thought: You're getting tons of health-nut ingredients every day without even thinking about it! Here's one of my favorites:	<p style="text-align: center;">Download Now</p>

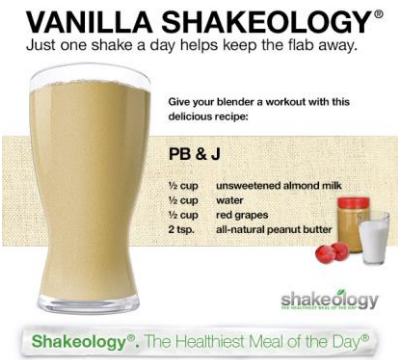
WEEK 2

Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 4	Health Tip	<p>Three tips on how to SHOP SMART and avoid buyer's remorse:</p> <ol style="list-style-type: none"> 1. Eat before you shop. 2. Make a list and check it twice. 3. Shop along the perimeter of the store. <p>Do you think you shop smart?</p>	 <p>Download Now</p>
Day 5	Healthy Tip	<p>Got Ice?</p>	 <p>GO THICK TO GET THIN</p> <p>Looking for a way to save calories?</p> <p>Bulk up your Shakeology with ice.</p> <p>British Researchers found that people who sipped denser smoothies felt fuller than those who gulped down a thinner version, even though the drinks had the same calorie count! To add heft without the calories, just blend more ice into your shake!</p> <p>Download Now</p>
Day 6	Shakeology Companion Products	<p>Get one of these and you'll never look back. I got so tired of unsealing and resealing the Shakeology® bag and getting my hand dirty. Then I got this!</p> <p>Buy here → http://teambeachbody.com/shop/-/shopping/ShkStorageCan</p>	 <p>Download Now</p>

Week 3

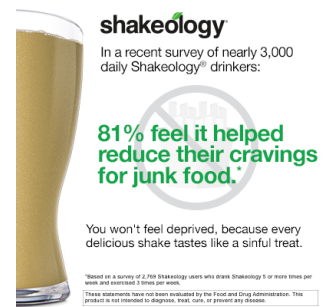

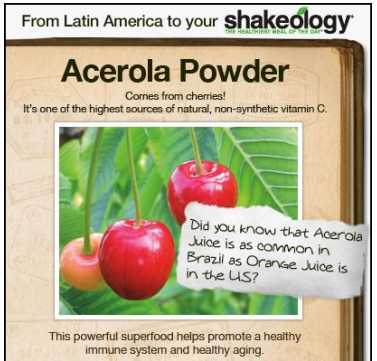
WEEK 3

Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 1	Health Fact	Your plate should look like this:	 <p>HEALTHY EATING PLATE</p> <p>Use healthy oils (like olive and canola oil) for cooking, on salads, and at the table. Limit butter. Avoid trans fat.</p> <p>The more vegetables—and the greater the variety—the better. Potatoes and french fries don't count.</p> <p>Eat plenty of fruits of all colors.</p> <p>STAY ACTIVE!</p> <p>Drink water, tea, or coffee (with little or no sugar). Limit milk dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.</p> <p>Eat whole grains like brown rice, whole-wheat bread, and whole-grain pasta. Limit refined grains like white rice and white bread.</p> <p>Choose fish, poultry, beans, and nuts; limit red meat; avoid bacon, cold cuts, and other processed meats.</p> <p>Download Now</p>
Day 2	Success Story	<p>Todd said Shakeology® was the key to his success: "Shakeology took me from 10%–11% body fat to below 8%. I had incredible amounts of energy. Shakeology gave me the edge to get ripped!" —Todd W., P90X® grad</p> <p>Have you started to notice your own results yet? What looks different about you?</p>	 <p>Download Now</p>
Day 3	Nutrition	Bon Voyage!	 <p>Download Now</p>
Day 4	Save Money	<p>By now you may start to realize that you're actually SAVING money on food by drinking Shakeology®. Why? Because at \$4 a meal, Shakeology is much less expensive than fast food and random snacks.</p> <p>I found this testimonial interesting:</p> <p>"The best thing about Shakeology is it saves my family about \$500 a month on our food bill. We have a credit card just for food and it was always around \$1,000 a month. Since we started drinking Shakeology our bill is around \$500. We no longer buy snacks or junk food—we just make a shake. I didn't think at first we would be able to afford it but now we can't live without it."—Brian L., Mesa, AZ</p> <p>Have you noticed yourself spending less money on food?</p>	 <p>Download Now</p>

Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 5	Shakeology Recipe	Quick reminder: You're doing great! Now go and treat yourself with a Vanilla PB & J:	 <p>VANILLA SHAKEOLOGY® Just one shake a day helps keep the flab away.</p> <p>Give your blender a workout with this delicious recipe:</p> <p>PB & J</p> <ul style="list-style-type: none"> ½ cup unsweetened almond milk ½ cup water ½ cup red grapes 2 tsp. all-natural peanut butter <p>shakeology</p> <p>Shakeology®. The Healthiest Meal of the Day®</p> <p>Download Now</p>
Day 6	Shakeology Companion Product	<p>Looking for some variety in your life? Then try a box of Shakeology's Combo Packets. They come in either a box of ½ Chocolate and ½ Vanilla, ½ Chocolate and ½ Greenberry, or ½ Chocolate Vegan and ½ Tropical Strawberry (Vegan).</p> <p>To switch out your current flavor, you can use the Online Modification Form which can be found on TeamBeachbody.com under My Account.</p>	

Week 4

WEEK 4

Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 1	Kicking Cravings/ Engagement Question	<p>By now you should be feeling reduced cravings for junk food. That's because the nutrients in Shakeology® feed your body with the stuff it needs, and its 15+ grams of protein help you stay satisfied!</p> <p>Now that we're in our 4th week, what foods has Shakeology helped you stopped craving?</p>	 <p>shakeology In a recent survey of nearly 3,000 daily Shakeology® drinkers:</p> <p>81% feel it helped reduce their cravings for junk food.*</p> <p>You won't feel deprived, because every delicious shake tastes like a sinful treat.</p> <p><small>*Based on a survey of 2,700 Shakeology users who drank Shakeology 5 or more times per week and answered 3 times per week.</small></p> <p><small>These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.</small></p> <p>Download Now</p>
Day 2	Success Story	<p>Talk about motivational! "Once I started combining Shakeology and INSANITY, it seemed like the fat was just melting off of me! My energy levels went through the roof and I was losing weight at a rapid pace. It took away my cravings for junk food and made it easier to stay on track with nutrition."—Carolina L.</p> <p>What areas do you specifically notice that have changed on her? What areas are you working on?</p>	 <p>Day 1 Day 90 Day 150</p> <p>Download Now</p>
Day 3	Nutrition	<p>Awesome thought: You're taking superfoods and minerals every day that health nuts like Darin Olien spend their lives researching about for optimal health! 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><i>Did you know that Acerola Juice is as common in Brazil as Orange Juice is in the US?</i></p> <p>This powerful superfood helps promote a healthy immune system and healthy aging.</p> <p>Download Now</p>

WEEK 4



Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 4	Health Tip		<p>Medicine is not healthcare-- Food is healthcare. Medicine is sickcare. Let's all get this straight, for a change.</p> <p>Download Now</p>
Day 5	Shakeology Recipe	Here's TurboFire® trainer Chalene Johnson's Shamrock Shakeology® recipe. This is a great way to dress up your shake! http://www.youtube.com/watch?v=solDD9CZWdQ	
Day 6	Inspiring Quote		<p>This month's diet is next month's bod</p> <p>Download Now</p>

Week 5

WEEK 5



Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 1	Success Story/ Beachbody Challenge	It's the end of your 1st month and time to take your measurements and photos. And remember, numbers on the scale aren't accurate gauges of success. But don't trust your mind to remember the state of your body on Day 30, trust the camera and the pen. Even if you're not exactly where you want to be one month in, don't be discouraged. Everybody's body is different and is on its own unique transformation journey. "Like" this post once you've taken your measurements and photos.	<p>THE NO. 1 REASON WHY PEOPLE QUIT IS BECAUSE THEY LOOK HOW FAR THEY'VE GOT TO GO, NOT HOW FAR THEY'VE COME.</p> <p>Download Now</p>
Day 2	Success Story	Inspirational tidbit! Keep up the good work! Erica L. used to skip breakfast to cut calories, but that's a thing of the past. Now she drinks Shakeology® daily, does INSANITY®, and has major results! "Like" this post if you don't skip breakfast anymore thanks to Shakeology. What areas do you specifically notice that have changed on her? What areas are you working on?	<p>Download Now</p>
Day 3	Engagement Question	"Like" this post if you have a healthy relationship with your body.	<p>Health is a relationship between you and your body. -Terri Guillemets</p> <p>Download Now</p>

WEEK 5




Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 4	Shakeology Recipe	<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>
Day 5	Shakeology Dessert Recipe	<p>Every now and then you just gotta feed your sweet tooth. Indulge with these. They're so good, you would never know they're healthy!</p>	 <p>Inside Out Shakeology Peanut Butter Cups (makes 2 servings) 2 tsp. Chocolate Shakeology 2 Tbsp. Chocolate PB2® 2 tsp. unrefined coconut oil 2 Tbsp. water 2 mini foil cupcake holders</p> <p>Directions: In a microwavable dish, melt coconut oil. Stir the PB2 into the coconut oil and set aside. In another small dish, place Chocolate Vegan Shakeology and gradually add water to get the Shakeology into a thick, pudding-like consistency. Now, take the foil liners and put a tiny amount of the PB2/coconut oil mixture on the bottom of the foils. Next, add a layer of the Shakeology. Finally, top off with another layer of the PB2/coconut mixture. Pop in the freezer for at least 30 minutes and enjoy!</p> <p>Download Now</p>

Week 6

WEEK 6


Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 1	Inspiration	Your body. Your choice.	 <p>Download Now</p>
Day 2	Shakeology Recipe	Recipe Swap! Share your favorite Shakeology® recipes—including any you personally created. Here are some of my favorite ingredients. What are yours?	 <p>Download Now</p>
Day 3	Engagement/ Results	What are some of the awesome compliments you've received since working out and drinking Shakeology®? Here's your opportunity to brag ;)	

WEEK 6

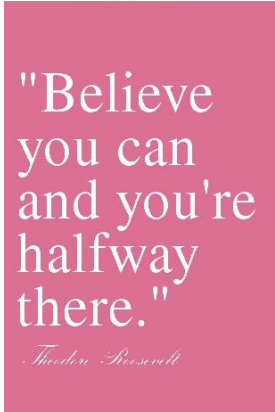
Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 4	Healthy Eating Tip	Words to live by.	 <p>Download Now</p>
Day 5	Shakeology Treats Recipes	<p>Did you know you can make more than just shakes with Shakeology®? From pies to bars to fudge pops, check out all the yummy treats you can make with Shakeology: https://www.facebook.com/media/set/?set=a.10152176536485182.929221.191306845181&type=3</p>	 <p>Download Now</p>
Day 6	Healthy Eating Tip	<p>Healthy eating tip: Cook on Sunday. Roast a bunch of chicken, make a big stew, and grill some veggies; you'll have a great meal on Sunday and enjoy the leftovers for the next few days.</p> <p>Another thing to do on Sunday to prep for the week is to wash and chop all the veggies you bought and put it in a zip-top bag. With this combination, you'll have fresh, healthy food to put into meals all week.</p>	 <p>Download Now</p>

Week 7

WEEK 7

Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 1	Engagement/ Benefits	Can you believe we're already halfway through our Shakeology® Challenge Group? Time flies! Share the most significant change you've experienced since starting Shakeology 7 weeks ago.	
Day 2	Health Tip	Did you know that our brains often mistake dehydration for being tired and hungry? So the next time you're dying for a nap or have hunger pangs, grab a glass of water instead. WATER—not tea, soda, or coffee. WATER! Water hydrates you and fills you up. The other stuff doesn't.	 Download Now
Day 3	Ingredient Spotlight	Ever heard of Yacon Root? You're drinking it every day!	<p>From Latin America to your shakeology</p> <p>Yacon</p> <p>It's texture and flavor is similar to jicama, except its sweeter!</p>  <p>Did you know as late as the early 2000s, Yacon was hardly known outside of the Andes?</p> <p>Yacon is rich in prebiotics and is known to help support digestion, colon health, and healthy immune function.</p> Download Now

WEEK 7



Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 4	Shakeology Recipe	<p>Here's a delicious Shakeology® recipe that's sure to get your morning off to a great start: Sweet Almond Sunrise (198 calories) 1 scoop vegan Tropical Strawberry Shakeology 1 Tbsp. nonfat plain yogurt 1 tsp. honey 1 cup almond milk Ice to taste</p>	
Day 5	Cost	<p>Is Shakeology® worth the cost? P90X® trainer Tony Horton thinks so, I think so, but you need to think so, too! Check this out: http://www.youtube.com/watch?v=HwgaeGBvm4c</p>	
Day 6	Inspirational Quote		 <p>Download Now</p>

Week 8

WEEK 8



Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 1	Success Story/ Beachbody Challenge	<p>Time to take your Day 60 photos!</p> <p>Stay inspired by checking out Andy who lost 33 lbs. while drinking Shakeology® and working out with P90X®!</p> <p>"You'll know how your body is supposed to feel when you add Shakeology to your daily diet."</p>	<p><small>BEFORE ANDY N. AFTER shakeology</small></p> <p>Download Now</p>
Day 2	Motivation/ Goal Setting		<p>Say it out loud:</p> <p>"Today I will do my best!"</p> <p>Today, I will try my best to make choices that are healthy and make me feel good.</p> <p>Today,</p> <p>I'll work on my goal!</p> <p>Download Now</p>
Day 3	Coach Lead Generation (optional based on Group participation level)	<p>Are you enjoying helping and motivating other people on the Team? Perhaps Team Beachbody® coaching is calling your name. If you purchased a Challenge Pack, you can enroll as a Coach for FREE, get discounts on Beachbody® products, including Shakeology®, and have the satisfaction and financial reward of helping other people get healthy and fit. Reach out if you're interested and I can give you more information.</p>	

WEEK 8

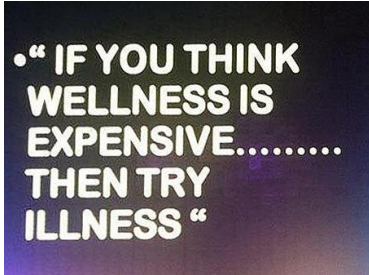


Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 4	Ingredient Spotlight	Goji berries are one of the most nutritionally dense foods on the planet, and that makes them a perfect ingredient in Shakeology®! These red berries help fortify your immune system, contain 19 essential amino acids, and have more vitamin C than oranges.	 Download Now
Day 5	Engagement Question	What meal do you replace with Shakeology®?	 Download Now
Day 6	Postworkout Recipe Tip	<p>Picked this tip up from Beachbody® HQ! Help your body quickly recover after a workout with this delicious concoction:</p> <p>The Carolina Kick: ½ scoop of Shakeology® (any flavor) ½ scoop of Results and Recovery Formula® 1 cup of water</p> <p>Learn more about R&R here: www.teambeachbody.com/shop/-/shopping/P90XRRFTub</p>	 Download Now

Week 9

WEEK 9


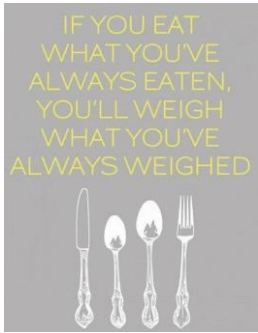
Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 1	Success Story/ Engagement Question	<p>Motivational Monday:</p> <p>"You know those people who say you don't need to take Shakeology . . . that you can just exercise and see the results you want? Well I was running over 20 miles a week, doing zumba, and eating clean and I still looked like this 'before' photo. It wasn't until I added Shakeology and did P90X that I finally saw results. Nutrition is 80% of the equation!"—Brigitte L.</p> <p>What areas do you specifically notice that have changed on her? What areas are you working on?</p>	 <p>Download Now</p>
Day 2	Healthy Food Tip	<p>Grocery Shopping Health Tip:</p> <p>Did you know trans fats help preserve food while extending its shelf life, but could significantly contribute to making you fat and sick? So read labels and keep an eye out for "partially hydrogenated" listed in the ingredients.</p> <p>Why are trans fats bad?</p> <p>Trans fats are formed during hydrogenation, are toxic to our cells, and could lead to vitamin and mineral deficiencies. A good way to play it safe is to only buy simple, non-processed, and fresh ingredients!</p>	
Day 3	Benefits	<p>How is everyone feeling today? Are you focused?</p>	 <p>shakeology In a recent survey of nearly 3,000 daily Shakeology® drinkers:</p> <p>77% feel more alert and focused throughout their day.*</p> <p>That's because Shakeology is loaded with ashwagandha and schisandra herbs that may help you focus.</p> <p><small>*Based on a survey of 2,700 Shakeology users who drank Shakeology 5 or more times per week and exercised 3 times per week. †These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.</small></p> <p>Download Now</p>

WEEK 9



Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 4	Cost Quote		 <p>Download Now</p>
Day 5	Shakeology Recipe	<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) 1 scoop Chocolate Shakeology® 1/8 tsp. mint extract 1 cup water 1 cup ice</p>	 <p>Download Now</p>
Day 6	Shakeology Tip	<p>Now that you're a seasoned shake fan, it's only decent I let you in on this trade secret. Add 2 teaspoons of PB2® — a powdered peanut butter that contains 85% less fat calories than traditional peanut butter, and is absolutely delicious!</p> <p>Check it out: http://www.bellplantation.com/about-us</p>	 <p>Download Now</p>

Week 10

WEEK 10

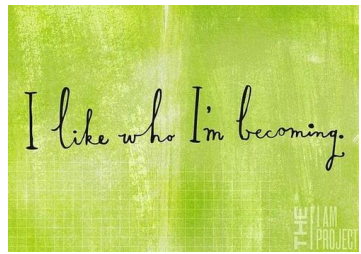

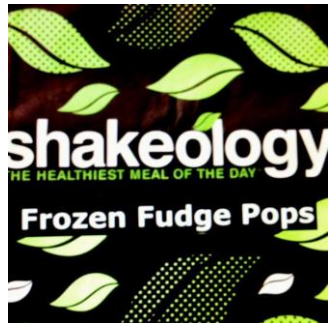
Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 1	Engagement Question	Post a photo of your blender, full of your favorite shake.	 <p>Download Now</p>
Day 2	Healthy Lifestyle Tip	Think of food as fuel. When you start looking at food as energy for your body, it's amazing how quickly your food choices change. Can a bag of chips or a few cookies provide your body with the nutrients it needs to power through work, or a workout? Sources say NO!	 <p>Download Now</p>
Day 3	Sharing Shakeology	What do you love most about Shakeology®?	

WEEK 10


Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 4	Success Story/ Cost	<p>Shakeology® really does change your entire life.</p> <p>"The thing that I never factored in was convenience and savings. We travel every week, which forced us to eat out 8–10 meals a week. Now we take Shakeology with us, eliminating all the fast food on these trips. Also, our monthly grocery bill went down because we have cut out the chips, sodas, and cookies. Plus we buy less because we have eliminated one meal a day." —Cruzita S., Porterville, CA</p>	 <p>Download Now</p>
Day 5	Shakeology Recipe	<p>It's great to know that Beachbody® trainers like P90X's Tony Horton drink Shakeology® too. I loved watching this video about Tony telling us why he drinks Shakeology. Check it out: http://www.youtube.com/watch?v=zzHPVDtzt-Q&list=PLDX5NE0cpl4_mod8IOVXOQD6cFWUI2aBS&index=1</p>	
Day 6	Healthy Eating Tip	<p>Nutrition Tip: Steaming vegetables is much healthier than boiling them. When you boil veggies, many of their nutrients leach into the water. And the longer they're boiled, the less nutritious they become.</p>	 <p>Download Now</p>

Week 11

WEEK 11



Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 1	Inspirational Quote		 <p>Download Now</p>
Day 2	Success Story	<p>How breakfast changed Cassie's life: "I never used to eat breakfast. I would make myself a big pot of French press coffee and sip on it all day until it was time for lunch. Now I make my Shakeology up in the morning, I don't even need coffee anymore because it gives me so much energy! I crave it! Funny enough my number one craving when I was pregnant was strawberry smoothies. If only I knew about Shakeology then!"</p>	 <p>Download Now</p>
Day 3	Dessert Recipes	<p>Shakeology® Fudge Pops in 15 seconds? Yes, please.</p> <p>Click here to see how easy they are to make: http://instagram.com/p/cfLP_TNchF/</p> <p>What You Do: Add 1 cup your choice of milk, 1.5 scoops of Shakeology, and 1 heaping spoonful of peanut butter (or almond butter) into a blender. Blend it up. Pour into popsicle molds. Freeze.</p> <p>Enjoy!</p>	 <p>Download Now</p>




WEEK 11

Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 4	Doctor's Review	<p>Doctor's Review: "Shakeology stimulates naturally without caffeine!"</p> <p>http://www.youtube.com/watch?v=Ue9fkq5IjOE&list=UUUKMBDgXDMqw4wQ-OzHEhIQ&index=4&feature=plcp</p>	
Day 5	Motivation	Keeping this in mind today . . .	<p>TAKE IT DAY BY DAY. RESULTS DON'T COME OVERNIGHT. CHANGE DOESN'T HAPPEN IMMEDIATELY. KEEP WORKING TOWARDS YOUR GOALS.</p> <p>Download Now</p>
Day 6	Shakeology Recipe	<p>Need a pick-me-up? Add coffee to your Shakeology®!</p> <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>

Week 12



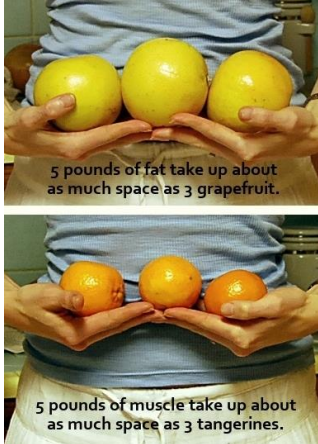
WEEK 12


Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 1	Success Story	<p>Need some motivation today? You're on the right track! Check out Heather's success and reflect on how far you've come.</p> <p>"I went from a size 10 jean to a size 6, lost over 13 inches, and almost 7% of my total body fat! I love love love my Shakeology. The biggest thing it does for me is it curbs my sugar and carb cravings. It's like magic." — Heather Howitt, 35, TurboFire® Grad</p>	 <p>Download Now</p>
Day 2	Shakeology To-Go	<p>Where do you take your Shakeology®? Post a picture of you and your Shakeology on the go.</p>	 <p>Download Now</p>
Day 3	Tony Horton Tip	<p>We're almost there! We have a lot to be proud of. Remember moving forward, if you want to look like an athlete you've got to eat and train like one. Here's a tip from the man himself! <i>"The really great thing about Shakeology postworkout is that typically there's a very strong tendency to consume too many calories. So this will quench your desire to overeat."</i> —Tony Horton, celebrity trainer, P90X®</p>	

Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 4	Healthy Eating Tip	<p>Did you know: You're usually "full" waaaaay before you know it?</p> <p>That's because it takes a while for the nutrients in the food you just ate to enter your bloodstream, circulate to the nerve centers in your brain that regulate appetite, and alert you that you're full. So . . .</p>	 <p>Download Now</p>
Day 5	Shakeology Recipe	<p>I just finished this batch of Tropical Strawberry Shakeology® Oat Bars and they are delicious! Try them as a healthy snack or dessert. Click here → http://instagram.com/p/eOA2OcNcuq/</p>	 <p>Download Now</p>
Day 6	Health Tip/ Benefits	<p>You CAN keep the weight off! 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 13

WEEK 13

Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 1	Success Story	<p>We're in the homestretch of our Challenge Group. Have you started thinking about a fitness program to do when it's over?</p> <p>Markie got great results with Shakeology® and P90X®. <i>"Before Shakeology I never knew the difference when my body actually digested correctly—it was AMAZING! The vitamins in it helped me so much with making my mood so positive and energized too. I stopped getting daily headaches as well, which was a rough battle."</i> —Markie R., P90X/Brazil Butt Lift® grad</p>	 <p>Download Now</p>
Day 2	What's Next?	<p>As we're approaching the 90-day mark, have you thought about which flavor of Shakeology® you're going to try next? There's so many flavor combos, no need to stick to only one! To switch out your current flavor, you can use the Online Modification Form, which can be found on TeamBeachbody.com under My Account.</p>	 <p>Download Now</p>
Day 3	Health Tip	<p>The best way to gauge your transformation is by ignoring the scale. Remember, as we build lean muscle, we actually gain weight. So the best way to determine how we're doing is by how our clothes fit, how we look, and how we feel. Not by how much we weigh.</p>	 <p>Download Now</p>

Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 4	Coach Lead Generation	<p>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 becoming a Team Beachbody® Coach is calling your name.</p> <p>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.</p>	
Day 5	Finale	<p>We made it! Day 90 is here! So proud of each and every one of you. HUGE CONGRATS!</p> <p>Don't forget to take your Day 90 photos and submit your story to the Beachbody Challenge™ here: www.BeachbodyChallengeContest.com</p> <p>You'll get a FREE T-shirt just for submitting!</p>	 <p>Download Now</p>