

Instructions – How to Use This Guide

In this guide, you will find shareable social media posts, including tips, recipes, videos*, and more, that correspond to each week of your Slim in 6 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 Slim in 6, including recommendations on products and nutrition, to ensure your group's ultimate success.
- 3) Share this [message from Debbie](#) 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: **?referringRepld=[yourID]**

Example for coach with repID of 2422 linking to Slim in 6 Challenge Pack:

<https://www.teambeachbody.com/checkout/-/bbcheckout/challengepack/slim-in-6?referringRepld=2422>

TRAINER VIDEOS:

Here is a list of all the weekly videos from Debbie Siebers 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/3uJavfjo8AU>
Week 2: <http://youtu.be/oknb7qE3xIM>
Week 3: <http://youtu.be/EPVdx7sESkw>
Week 4: <http://youtu.be/sV1qA3IEqtW>
Week 5: http://youtu.be/pH_xiBpaWmk
Week 6: http://youtu.be/CUEGKNa_rJK

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

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Download all images in this Challenge Guide:

http://images.beachbody.com/tbb/images/challenge_group_guides/SI6/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. 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. This will be a journey, and the best part is that we're all in it together!</p> <p>Start here: Open your Slim in 6[®] program, review the materials, and be sure to:</p> <ul style="list-style-type: none"> • Read Simple Steps to Success. • Get all the tools you need to succeed! For instance, you can improve endurance and increase weight loss with all-natural Slimming Formula supplements—or lose up to 7 lbs. in 2 days with the 2-Day Fast Formula[®] shake. I also recommend Results and Recovery Formula[®] to help your muscles recover after a workout. 	
Day 2	"Before" Pictures and Measurements	<p>Don't forget to take your "before" pictures and measurements and record them in your Simple Steps to Success book. This is essential! Not just to make sure you get a chance to win cash and prizes (though that's awesome too), but because seeing how dramatically your body has changed over the next few weeks will inspire you to keep going. "Like" this post after you've done it!</p>	
Day 3	Motivation	<p>"It is difficult to say what is impossible, for the dream of yesterday is the hope of today and the reality of tomorrow."—Robert H. Goddard</p>	

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WEEK 0

Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 4	Nutrition Tip	Read the Step-by-Step Nutrition Guide. Nutrition is 50% of the equation, and this smart little book is packed with information to help you melt off the fat and get lean. What habits are keeping you from succeeding? How can you change them? It's all in here!	
Day 5	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!	
Day 6	Club	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.	
Day 7	Get to Know You	<p>Let's introduce ourselves!</p> <p>There's no pressure—you don't have to write a novel! Just briefly answer these 7 simple questions. Copy and paste in the comment section with your answers.</p> <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 Slim in 6[®] 	

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Week 1

Monday through Sunday: Do **Start It Up!** six days this week.

Also, do **Slim & Limber** 3 to 4 times—especially if you feel sore.

Give the **Slim & 6-Pack** workout a try, too.

WEEK 1

Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 1	Kickoff Video	Take a look at this video from Debbie for Week 1! http://youtu.be/3uJavfjo8AU	
Day 2	Nutrition Tip	How is your nutritious diet going? Remember, HALF of your results come from what you eat! To get that slim body you've always wanted, 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!	 Download Now
Day 3	Motivation	You know what you need to do to get there! Yep, PUSH PLAY!	 Download Now
Day 4	Fitness Tip	You'll only regret the workouts you DON'T do! Keep Pushing Play.	 Download Now

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WEEK 1

Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 5	Motivation	Our bodies will try to stop WAY before we 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 6	Shakeology	Try this yummy Shakeology [®] recipe!	<p>Download Now</p>
Day 7	Motivation	We can all have an "off" day, but get back out there and Push Play today!	<p>Download Now</p>

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Week 2

Monday through Sunday: Do **Start It Up!** six days this week.

If it feels too easy, use a more challenging Resistance Band.

If it STILL feels too easy, go ahead and move up to **Ramp It Up!**

Remember to add in **Slim & Limber** and **Slim & 6-Pack** as often as you can.



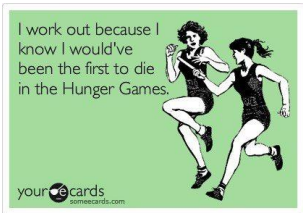
WEEK 2

Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 1	Video	Start your week with this video from Debbie! http://youtu.be/oknb7qE3xIM	
Day 2	Fitness	Massage your muscles by using a small ball (like a tennis ball) and/or a foam roller to relieve areas of tension. It's well worth it, and only takes a few minutes after your workout.	 <p>Download Now</p>
Day 3	Nutrition Tip	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>Download Now</p>
Day 4	Success Story	Wow! Amber B. lost 70 pounds and won \$500 with Slim in 6®! Go Amber!	 <p>Download Now</p>

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WEEK 2

Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 5	Fitness Tip	Is anyone else sore out there, or is it just me?!	 Download Now
Day 6	Shakeology Benefits	You've been keeping up with your daily Shakeology [®] routine, you should be experiencing positive changes. Do you feel more energized?	 Download Now
Day 7	Motivation	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!	 Download Now



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Week 3

Monday through Sunday: New workout! If you haven't already, start doing **Ramp It Up!** this week, six times if you can. If it feels too easy, use a thicker Resistance Band.

Remember to add in **Slim & Limber** and **Slim & 6-Pack** as often as you can, up to 4 times this week.

			WEEK 3
Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 1	Video	Watch what Debbie has to say this week! http://youtu.be/EPVdx7sESkw	
Day 2	Nutrition	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 3	Engagement Question	Now that we've started a new workout, are there any moves that you find especially challenging? Any that you especially love?	
Day 4	Success Story	This new mom from Puerto Rico lost 11 lbs. in just 30 days with a combination of Slim in 6®, Brazil Butt Lift®, and Shakeology®, and she won \$500 in the Beachbody Challenge™. Muy caliente!	 <p style="text-align: center;">Download Now</p>
Day 5	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. Keep with it! A survey from May 2013 shows that if you drink Shakeology® every day, your digestion and regularity may improve!</p>	 <p style="text-align: center;"> Download Now Download Now </p>

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WEEK 3

Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 6	Nutrition Tip	Enjoy the rainbow!	<p>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>Download Now</p>

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Week 4

Monday through Sunday: Do **Ramp It Up!** six times this week.

If it feels too easy, use a thicker Resistance Band.

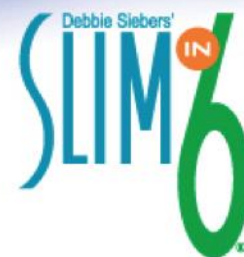
If it STILL feels too easy, go ahead and move up to **Burn It Up!**

Remember to add in **Slim & Limber** and **Slim & 6-Pack** 3 to 4 times each.

WEEK 4

Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 1	Video	Here's a great video from Debbie: http://youtu.be/sV1qA3IEgtw	
Day 2	Fitness Tip	HIGH FIVE for you! (Unless you're reading this from the couch PRIOR to Pushing Play. Get out there and PUSH PLAY!)	<p>No matter how slow you go, you are lapping everybody on the couch...</p> <p>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.	
Day 4	Success Story/ Motivation	Julimar S. lost a whopping 77 pounds with a few rounds of Slim in 6®! Nice!	<p>BEFORE AFTER</p> <p>Download Now</p>
Day 5	Motivation	Yeah! Reward yourself today!	<p>Working out is a reward, not a punishment.</p> <p>Download Now</p>

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WEEK 4



Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 6	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)</p> <p>1 scoop Chocolate Shakeology[®]</p> <p>1/8 tsp. mint extract</p> <p>1 cup water</p> <p>1 cup ice</p>	 <p>Download Now</p>
Day 7	Motivation	<p>The strongest people in the world express strength through their heart. Not their muscles. Let's support each other during our fitness journeys!</p>	 <p>Download Now</p>

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Week 5

Monday through Sunday: New workout! If you haven't already, start doing **Burn It Up!** This week, six times if you can. If it feels too easy, use a thicker Resistance Band. Remember to add in **Slim & Limber** and **Slim & 6-Pack** as often as you can, up to 4 times this week.

			WEEK 5
Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 1	Video	See what Debbie has to say this week! http://youtu.be/pH_xiBpaWmk	
Day 2	Cross-Selling Opportunity	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	 Download Now
Day 3	Nutrition	"Rule #13: Shop the Periphery of the Supermarket and Stay Out of the Middle."—Michael Pollan, Food Rules This week's challenge: Buy food only from the periphery of the store! That is where most of the unprocessed, whole foods live. Who's going to stay out of the aisles this week?	
Day 4	Motivation	"EVERYONE is commenting on not only how I look, but how my whole persona has changed! They talk about how energetic I am, and how positive my attitude is now!"—Stacy, Slim in 6 [®] graduate	 Download Now

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WEEK 5

Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 5	Shakeology	Awesome thought: You're getting tons of super-healthy ingredients every day without even thinking about it! Here's one of my favorites:	<p>Download Now</p>
Day 6	Fitness	Focus on how far you've come! Who's feeling good today?	<p>DON'T FOCUS ON THE SKINNY DO FOCUS ON THE HEALTHY</p> <p>Download Now</p>
Day 7	Motivation	Push Play every day. Don't be discouraged by small progress. Because small progress is still, in fact, PROGRESS! Every inch, every pound. Keep going!	<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>

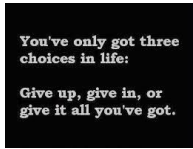


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Week 6

Yeah! Homestretch! Do **Burn It Up!** six more times to finish out the Beachbody Challenge™!
As always, add **Slim & 6-Pack** and **Slim & Limber**, too.

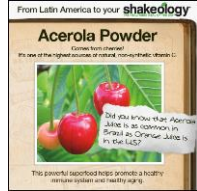
WEEK 6

Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 1	Video	Kick off the week with a video from Debbie: http://youtu.be/CUEGKNa_rJk	
Day 2	Motivation	We are almost there! Don't give up!	 Download Now
Day 3	Fitness Tip	The happiest kind of pain!	 Download Now
Day 4	Nutrition Tip	<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 you're feeling the pull to become a Team Beachbody[®] Coach.</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	Motivation	How will you maintain your results after we are done with our Slim in 6 [®] Challenge?	 Download Now

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WEEK 6

Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 6	Shakeology	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>Download Now</p>
Day 7	Fitness	Congratulations on all the fitness and nutrition changes you've made over the past 6 weeks! How do you plan to maintain the AWESOME results you've achieved? If you haven't already, please take your "after" pictures. Want a FREE Slim in 6 [®] T-shirt and a chance to win cash and prizes for your hard work? Visit BeachbodyChallengeContest.com and send us your results.	