

10-Minute Trainer® Challenge Group Guide



Instructions – How to Use This Guide

In this guide, you will find shareable social posts that you may use as they apply to you, including tips, recipes, videos*, and more, that correspond to each week of your 10-Minute Trainer Challenge Group. 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 [10 Minute Trainer Product Training Guide](#) for all the information you need to know about 10 Minute Trainer, including recommendations on products and nutrition, to ensure your group's ultimate success.
- 3) Share this [message from Tony Horton](#) 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 10-Minute Trainer page:

<http://www.teambeachbody.com/shop/-/shopping/TMT?referringRepld=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/qdUTf9gR0FA>

Week 2: <http://youtu.be/a2oPfFz7npk>

Week 3: <http://youtu.be/l-r39YGtE9g>

Week 4: <http://youtu.be/RbjLduGS2IM>

Week 5: <http://youtu.be/KCmKn5YUO-A>

Week 6: <http://youtu.be/8lbGuJL8xts>

Week 7: <http://youtu.be/WyreiBnVgak>

Week 8: <http://youtu.be/lm7t9ShwA5k>

**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/TMT/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! This is our Group's private Facebook® page, and 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 10-Minute Trainer® program, review the materials, and be sure to:</p> <ul style="list-style-type: none"> • Read the 10-Minute Trainer Rapid Results Guidebook. • Read the 10-Minute Trainer "On the Go" Workout Cards, and pay special attention to Tony Horton's Personal Laws of Success. • Watch the Band to Door Assembly Instructions. 	 <p>Download now</p>
Day 2	"Before" Pictures and Measurements	<p>Don't forget to take your "before" pictures and measurements, and record them in the 2-Day Jump Start booklet. Be sure to "like" this post after you've done it!</p>	

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WEEK 0

Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 3	Schedule	Choose your daily workout schedule and block off those times on your calendar. For our 60-day Challenge, we're following the Accelerated Results Calendar.	
Day 4	Nutrition Tip	Read Tony Horton's 10-Minute Meals Guide. As Tony says, "Nutrition is 50% of the equation." If possible, remove the junk food and empty-calorie snacks from your house and workspace. Stock up on healthy munchies like raw veggies and fresh fruit. Get ready to slim down and get stronger!	 <p style="text-align: center;">Download Now</p>

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WEEK 0

Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 5	Beachbody Challenge™	Log on to www.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	Beachbody On Demand	Check out Beachbody On Demand, where you can stream all your workouts and check out your program materials (including your meal guide) in one place. It's super-convenient (I use it to do my workouts [insert place]) and it shows you what's in store throughout your program. 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! 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. Which Shakeology® flavor you're drinking 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 10-Minute Trainer® 	

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Week 1

Customize your workout based on your schedule! If you have almost no time, just do the first workout. Got a little time? Add the second workout—you'll see faster results. For the most dramatic transformation to your body, do all three.

Day 1: Upper Body, Core Cardio, Cardio

Day 2: Cardio, Core Cardio, Total Body

Day 3: Yoga Flex


Day 4: Abs, Core Cardio, Cardio

Day 5: Cardio, Lower Body, Upper Body

Day 6: Yoga Flex, Core Cardio, Cardio

Day 7: Core Cardio, Total Body, Lower Body


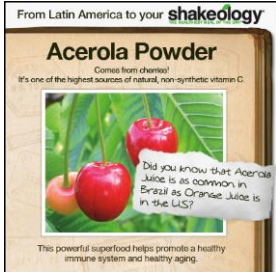

WEEK 1

Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 1	Kickoff Video	Take a look at this inspiring video: http://youtu.be/qdUTf9gR0FA	
Day 2	Nutrition Tip	Replacing one meal a day with Shakeology® is a convenient, affordable, and EASY way to hit your nutrition goals. It's great when you're traveling, too.	
Day 3	Motivation	"You can have results or excuses. Not both." —Anonymous	 <p>Download now</p>

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WEEK 1

Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 4	Nutrition Tip	Stay hydrated! Drink at least 8 glasses of water a day, and keep some handy while you work out.	 Download Now
Day 5	Motivation	Improvement and change occur when you do things CONSISTENTLY. Stopping and starting all the time will kill any momentum you need to succeed, so you MUST find ways to stay in the game! Remind yourself why you're doing this, let yourself feel good about every single thing you do right, and tell everyone you know what you're doing so they can help—just KEEP PUSHING PLAY!	
Day 6	Shakeology	Awesome thought: When you drink Shakeology® daily, you're getting superfoods and minerals that health nuts like Shakeology creator Darin Olien spend their lives searching for! Here's a really cool ingredient:	 Download Now
Day 7	Motivation	<p>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?</p> <p>I know you can do this! Just take a look at the amazing 30-lb. weight loss Tish B. was able to achieve with 10-Minute Trainer® + Shakeology®!</p> <p>"Shakeology was a game changer for me! It helped me change the way I was eating and it helped curb my cravings for the things I ate out of convenience. 10-Minute Trainer was a godsend too! It allowed me to get the workout I needed every day by getting up just 30 minutes earlier and Pushing Play."</p>	 Download Now

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Week 2

Remember: You can do one, two, or three workouts, depending on how much time you have.
More workouts = faster results.

- Day 1: Total Body, Core Cardio, Cardio
- Day 2: Cardio, Core Cardio, Lower Body
- Day 3: Yoga Flex
- Day 4: Total Body 2, Cardio, Abs
- Day 5: Yoga Flex, Total Body, Cardio
- Day 6: Core Cardio, Cardio, Lower Body
- Day 7: Cardio, Core Cardio, Yoga Flex

WEEK 2

Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 1	Video	Check out this inspiring video: http://youtu.be/a2oPfz7npk	
Day 2	Motivation	What goals are you going for with 10-Minute Trainer? Share them here so the Group can encourage you. The more measurable and specific your objectives, the easier it is to track your progress. Four tips on how to successfully set and achieve your goals:	<ol style="list-style-type: none"> 1. BE REALISTIC with your goals 2. WRITE DOWN your goals and be specific 3. VISUALIZE your results 4. REWARD yourself for success <p style="text-align: center;">Download Now</p>
Day 3	Engagement Question	Has anyone tried Results and Recovery Formula®? How's it working for you? http://teambeachbody.com/shop/-/shopping/P90XRRFTub .	
Day 4	Shakeology	Have you downloaded the Shakeology® calendar for 30 days of delicious recipes? http://www.teambeachbody.com/eat-smart/shakeology-recipes Post it on the fridge, or take it with you on the go! Do you have a favorite Shakeology recipe yet? If so, share it with the Group! Mine is the super simple "Mocha Chiller": •1 scoop Chocolate Shakeology •1 cup brewed coffee (<i>cooled, ice to taste</i>)	

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WEEK 2

Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 5	Success Story	<p>"It wasn't enough that I couldn't walk up a flight of steps without taking a break. Finally, when I had to pay for a SECOND seat to fit on a plane, I'd had enough . . ."</p> <p>Click here to see how Nick D. lost 106 pounds! http://youtu.be/A3sZHb9y_04</p>	
Day 6	Shakeology Recipe	Try this yummy Shakeology® recipe!	<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"> 1/2 cup unsweetened almond milk 1/2 cup water 1/2 cup red grapes 2 tps all-natural peanut butter <p>shakeology</p> <p>Shakeology®, The Healthiest Meal of the Day®</p> <p>Download Now</p>
Day 7	Motivation	Great work, team! Way to power through Week 2. How is everyone feeling?	<p>SUCCESS</p> <p>— Is —</p> <p>the SUM of</p> <p>SMALL</p> <p>— efforts, —</p> <p>Repeated</p> <p>DAY IN AND DAY OUT</p> <p>(B. COLLIER)</p> <p>Download Now</p>

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Week 3

As always, do one, two, or three workouts, depending on how much time you have. The more often you work out, the faster your muscles will get lean and strong.

Day 1: Upper Body, Core Cardio, Abs

Day 2: Cardio, Abs, Lower Body

Day 3: Total Body 2

Day 4: Total Body, Abs, Yoga Flex

Day 5: Abs, Lower Body, Cardio

Day 6: Cardio, Core Cardio, Upper Body

Day 7: Lower Body, Cardio, Core Cardio



WEEK 3

Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 1	Video	Don't miss this week's video! http://youtu.be/l-r39YGtE9g	
Day 2	Nutrition Tip	<p>Ever tried quinoa? (pronounced: KEEN-waaaah) If not, you're missing out. This highly nutritious side dish provides a complete source of protein, and is loaded with magnesium as well as all 9 essential amino acids.</p> <p>Salad recipe:</p> <ul style="list-style-type: none"> • Prepare ¼ cup of quinoa according to package directions. (This is about 1 cup of cooked quinoa). • Roast whatever vegetables you have on hand. Typical choices are broccoli, cauliflower, zucchini, onions, carrots, and asparagus. Just chop them into similar-sized pieces, drizzle with olive oil and a little salt, spread in a single layer on a cookie sheet, and roast in a 400-degree oven for 20 to 30 minutes, stirring once or twice. • Chop a handful of flat-leaf parsley (about ¼ cup). • Drizzle with dressing: Whisk 2 tablespoons of olive oil with 2 tablespoons of lemon juice. 	
Day 3	Engagement Question	What move(s) are you finding most challenging?	

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WEEK 3

Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 4	Success Story	<p>"Before 10-Minute Trainer, my doctor said I'd need blood pressure medication for the rest of my life. Now I don't need the meds. I feel happy, awesome—sexy! Some mornings, I look in the mirror and do a double-take because I can't believe it's me."</p> <p>Click here to see how Karen C. lost 30 pounds! http://youtu.be/-jRJ1e10PAs</p>	
Day 5	Motivation	"Always concentrate on how far you have come, rather than how far you have left to go. The difference in how easy it seems will amaze you."—Heidi Johnson	
Day 6	Shakeology Recipe	<p>Craving something sweet? 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® ½ tsp. mint extract 1 cup water 1 cup ice</p>	 <p>Download Now</p>
Day 7	Motivation	Great work, team! We're through Week 3! How do you feel?	 <p>Download Now</p>

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Week 4

If you've been doing one workout per day, try doing two. If you've been doing two, try taking on three. Your body will thank you!

Day 1: Total Body 2, Core Cardio, Upper Body

Day 2: Upper Body, Abs, Cardio

Day 3: Yoga Flex


Day 4: Cardio, Core Cardio, Abs

Day 5: Core Cardio, Cardio, Lower Body

Day 6: Total Body, Yoga Flex, Cardio

Day 7: Cardio, Core Cardio, Abs

WEEK 4

Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 1	Video	Check out this week's video! http://youtu.be/RbjLduGS2IM	
Day 2	Upsell	Anyone else a neat freak? Get one of these awesome Shakeology® containers and you'll never look back. <i>"I got so tired of unsealing and resealing the Shakeology bag and getting my hand dirty. Then I got this!"</i> http://teambeachbody.com/shop/-/shopping/ShkStorageCan	 Download Now
Day 3	Fitness Engagement	Have you noticed any new muscles? Any weight dropped?	

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WEEK 4

Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 4	Success Story	<p>Let's get real: Can working out 10 minutes at a time have any actual impact on your life? It did for James H.—he lost 57 pounds, went down 10 sizes, and went off high blood pressure medication—just by doing 10-Minute Trainer®.</p> <p>Click here to see how James H. lost 57 lbs.!</p> <p>http://youtu.be/pyDDaWPXHks</p>	
Day 5	Motivation	<p>PLAN YOUR WORKOUTS!</p> <p>We're pretty good at scheduling when to go to bed, when to eat, and when to watch our favorite show. But we find ourselves trying to squeeze workouts in. The "fit it in whenever" approach might work for a while, but it never survives in the long run. Stop winging it and schedule in advance when to Push Play. Move your workouts to the top of your priority list. Schedule them as if they are very important appointments, BECAUSE THEY ARE! You are improving your own life by working out—you deserve this, so keep going!</p>	<p>Instead of hitting the snooze button for 10 minutes, why not hit the play button?</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>Try this scrumptious Shakeology® recipe!</p> <p>Date Shake</p> <ul style="list-style-type: none"> • 1 scoop Chocolate Shakeology • 1 cup unsweetened almond milk • ½ cup plain yogurt • 1 tsp. almond butter • 2 pitted dates 	
Day 7	Motivation	Great work, team! We're through Week 4! How do you feel?	 <p>YOU CAN DO THIS.</p> <p>Download Now</p>

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Week 5

Day 1: Upper Body, Core Cardio, Cardio

Day 2: Cardio, Core Cardio, Total Body

Day 3: Yoga Flex

Day 4: Abs, Core Cardio, Cardio

Day 5: Cardio, Lower Body, Upper Body

Day 6: Yoga Flex, Core Cardio, Cardio

Day 7: Core Cardio, Total Body, Lower Body



WEEK 5

Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 1	Video	Check out this week's video from Tony! http://youtu.be/KCmKn5YUO-A	
Day 2	Nutrition Tip	Try to eat 5 times a day—3 meals and 2 snacks—each with roughly the same amount of calories. It keeps your blood sugar stable instead of peaking and crashing, which can lead to overeating and a general poor feeling.	
Day 3	Motivation	"The difference between try and triumph is just the little umph!"—Marvin Phillips	

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WEEK 5

Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 4	Nutrition Tip	Steaming vegetables preserves more nutrients 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. I like to lightly steam my vegetables for just a few minutes so they're still bright and crisp. What are your favorite steamed veggies?	 Download Now
Day 5	Motivation	On your most exhausted, overwhelmed, and lackluster days, PUSH PLAY ANYWAY! Movement is good—even when you feel that you're not 100% up to it. Sometimes you have to "do your best and forget the rest!" You'll feel better for at least giving it a try.	 Download Now

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WEEK 5

Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 6	Shakeology	<p>Real talk: Are you feeling digestive discomfort at this stage in the game? Try using ½ scoop of Shakeology®, twice daily—then slowly work up to 1 full scoop per serving.</p> <p>OR</p> <p>Are you having trouble “going”? Make sure you drink lots of water. Plus, consider adding some healthy fats to your diet, like coconut oil, olive oil, or avocados.</p> <p>Keep 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:</p> <p>82% reported improved digestion.*</p> <p>Shakeology's proprietary blend of prebiotics and probiotics help create a healthy intestinal tract.</p> <p><small>*Based on a survey of 678 Shakeology users with digestive concerns who drink Shakeology 1 or more times per week and consumed 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>  <p>shakeology In a recent survey of daily Shakeology® drinkers:</p> <p>91% said it helped improve their regularity.*</p> <p>Shakeology's fiber and probiotics help keep your pipes clean—very clean.</p> <p><small>*Based on a survey of 1,158 Shakeology users with regularity concerns who drink Shakeology 1 or more times per week and consumed 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>
Day 7	Motivation	<p>YESSSS! We are more than halfway through the 10-Minute Trainer® Challenge—how does it feel?</p>	

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Week 6

- Day 1: Total Body, Core Cardio, Cardio
- Day 2: Cardio, Core Cardio, Lower Body
- Day 3: Yoga Flex
- Day 4: Total Body 2, Cardio, Abs
- Day 5: Yoga Flex, Total Body, Cardio
- Day 6: Core Cardio, Cardio, Lower Body
- Day 7: Cardio, Core Cardio, Yoga Flex




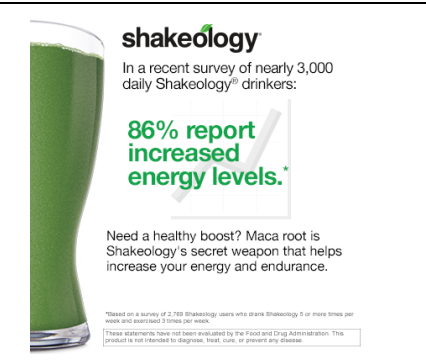
WEEK 6

Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 1	Video	Check out this inspiring video: http://youtu.be/8lbGuJL8xts	
Day 2	Fitness Tip	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. Using improper form can lead to injury and muscular imbalances. So stick to good form—and get ready for the results.	
Day 3	Engagement Question	Where are you seeing the most progress?	

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WEEK 6

Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 4	Upsell	Are you ready for the next level of 10-Minute Trainer®? The Deluxe Kit is a great addition to what you've been doing, with 6 new targeted 10-minute workouts and heavier bands to get even BETTER results. Message me for how to get it!	 <p>Available on 2 DVD's  </p> <p>Download Now</p>
Day 5	Success Story/ Motivational Words	<p>If you've ever been unpleasantly shocked at how heavy you looked in family photos, you know how Angie felt before 10-Minute Trainer®.</p> <p>Click here to see how Angie W. transformed her life 10 minutes at a time and lost 90 lbs.!</p> <p>http://youtu.be/6bGmg8Alka4</p>	
Day 6	Shakeology	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	Are you KIDDING me? We're through Week 6! So? How's everyone doing?	

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Week 7

Day 1: Upper Body, Core Cardio, Abs

Day 2: Cardio, Abs, Lower Body

Day 3: Total Body 2


Day 4: Total Body, Abs, Yoga Flex

Day 5: Abs, Lower Body, Cardio

Day 6: Cardio, Core Cardio, Upper Body

Day 7: Lower Body, Cardio, Core Cardio

WEEK 7

Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 1	Video	Don't miss this week's video from Tony! http://youtu.be/WyreiBnVgak	
Day 2	Motivation	"Nothing will work unless you do."—John Wooden	 Download Now
Day 3	Engagement Question	Has your favorite workout changed? Or is your first favorite still the one you love the most?	


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WEEK 7

Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 4	Success Story	<p>"A year and a half after having my baby, I still couldn't fit into my pre-pregnancy clothes—or afford to buy new ones, with the addition to our family. I was so disappointed in the way I looked, I avoided social gatherings. Me, who used to be the life of the party! Now all that's changed."</p> <p>Click here to see how I turned it all around. http://youtu.be/mB-mbT6YN1E</p>	
Day 5	Motivation	<p>Here's some wisdom from Tony:</p> <p>Why are some folks successful and others aren't? The answer is that the successful, motivated people have tricks. Like these:</p> <ol style="list-style-type: none"> 1. If you miss a workout, don't beat yourself up. It's okay to miss one once in awhile. Just start where you left off. No big deal. 2. If you don't see results in the first 30 days, don't freak out. We all have a different starting point. Be patient. 3. Even if you had a rough day, PUSH PLAY. Any workout, no matter how bad, is better than none. Do it anyway, even if it's not your best—and you've done something great! 4. Buy a calendar and a big red marker. Every day you work out, put a fat red X on that day. 5. Write this on your calendar: THE JOY OF DISCIPLINE OR THE PAIN OF REGRET—WHICH WILL IT BE TODAY? <p>Power on!—Tony</p>	
Day 6	Shakeology Recipe	<p>Try this yummy Shakeology recipe!</p> <p>Tropical Breeze</p> <ul style="list-style-type: none"> ○ 1 scoop Tropical Strawberry Shakeology ○ 1 cup coconut milk ○ ½ cup strawberries ○ 1 orange, peeled and divided in segments ○ ½ banana ○ 1 cup ice 	

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Day 7	Motivation	Great work, team! WOW, we're almost done! How do you FEEL?	
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Week 8

Day 1: Total Body 2, Core Cardio, Upper Body

Day 2: Upper Body, Abs, Cardio

Day 3: Yoga Flex


Day 4: Cardio, Core Cardio, Abs

Day 5: Core Cardio, Cardio, Lower Body

Day 6: Total Body, Yoga Flex, Cardio

Day 7: Cardio, Core Cardio, Abs


WEEK 8

Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 1	Video	See Tony's message to you this week! http://youtu.be/Im7t9ShwA5k	
Day 2	Nutrition Tip	Need more energy before a workout? Beachbody's E&E Energy and Endurance® Formula is a powerful preworkout drink that is scientifically formulated to dramatically improve your energy, endurance, strength, and focus , to help you take your workout to the next level. http://teambeachbody.com/shop/-/shopping/EandETub	 <p>Download Now</p>
Day 3	Engagement Question	Now that you've been doing 10-Minute Trainer® for almost 8 weeks, have you gained the strength and confidence to consider another Beachbody® program? Some 10-Minute Trainer graduates like Power 90®, P90X®, P90X2®, or INSANITY®.	


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WEEK 8

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 others get results like yours, perhaps becoming a Team Beachbody® Coach is right for you.</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	<p>"There are no shortcuts to any place worth going." —Beverly Sills</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>shakeology In a recent survey of nearly 3,000 daily Shakeology® drinkers:</p> <p>81% said Shakeology kept them full until their next meal.*</p> <p>And since you feel fuller longer, you're less likely to snack on junk food!</p> <p><small>*Based on a survey of 2,769 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>

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Day 7	Motivation	<p>YOU DID IT! You've completed the 10-Minute Trainer® Challenge! Let yourself feel how AWESOME that accomplishment is. How much weight have you lost, muscle have you gained, inches have melted away? Share your results—and send your "after" pictures to the Beachbody Challenge™ (BeachbodyChallengeContest.com). Will YOU win cash and prizes? Why not? You've done the work!</p>	
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