



Instructions – How to Use This Guide

In this guide, you'll find shareable Facebook[®] posts, including tips, recipes, videos, and more, that correspond to each week of your Ultimate Reset[®] Challenge Group. They're suggested posts to help you manage your Group, so 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 sales made through these links, simply append the following text shown in bold (inserting your OWN Coach repID) to the end of the URL and paste the link into Facebook.

?referringRepld=[yourID]

Example for Coach with repID of 2422 linking to Ultimate Reset page:

<http://www.teambeachbody.com/shop/-/shopping/URComplete?referringRepld=2422>

TRAINER VIDEOS:

Here is a list of all the weekly videos from Carl and Isabelle Daikeler 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.

Day Zero (Day Before Your Start Program): <http://www.youtube.com/watch?v=fzeEMAi8ICQ>

Day 7 (End of Week 1 'Reclaim' Phase): http://youtu.be/IN3a7WwnK_Y

Day 14 (End of Week 2 'Release' Phase): <http://youtu.be/8qboy3NIIK4>

Day 21 (End of Week 3 'Restore' Phase): <http://youtu.be/NZXxDa6YitE>

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

Ultimate Reset[®] Challenge Group

Weekly Coaching Guide




Download all images in this Challenge Guide:

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

Week 0 (Leading up to Day 1)

WEEK 0


Day of Week	Topic	Facebook [®] Post (Copy and Paste)	Images (click link to download)
Day 1	Participant First Steps	<p>Open your Ultimate Reset program, review the materials, and be sure to:</p> <ol style="list-style-type: none"> 1. Watch Ultimate Reset How-To Video in the Participant Portal 2. Read the Quickstart Guide 3. Read the Program & Nutrition Guide. Eating right is the key to success! 4. Watch the DVDs—Reset Your Health, Disc 1 and Cooking Class, Disc 2. 5. Clean out your kitchen, removing every food item that isn't on the Guide's ingredient list. Throw them away, give them to a neighbor, or donate to a food pantry. It doesn't matter how you get rid of them, just do it. The less temptation, the better! 	 <p>Download Now</p>
Day 2	"Before" Pictures and Measurements	<p>Take your "before" pictures and measurements and record them on your card that's included in the kit. If you're curious about how your personal cholesterol and sugar levels will be affected, this would be a good time to have your doctor do bloodwork—specifically, the SMAC 24 Complete Panel. Usually, insurance will cover one panel per year. If any discrepancies are found in your test, you may be eligible to have a second test covered for free after making dietary changes. As with any insurance company, please make sure to call your healthcare provider for your full list of coverage. Be sure to "like" this post after you've done it!</p>	

Ultimate Reset[®] Challenge Group

Weekly Coaching Guide




WEEK 0


Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 3	Preparation Tips	<p>Some preparation tips for you:</p> <ol style="list-style-type: none"> 1. Limit caffeine intake. 2. Cycle down on strenuous workout routines. 3. Consider reducing your consumption of red meat. 	
Day 4	Beachbody Challenge [™] Contest	<p>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 prizes! Click "like" after you've signed up!</p>	
Day 5	Getting Started Tip	<p>Fill out the "This Is Me Now" section in the Program & Nutrition Guide, and start a journal. During the next 21 days, you'll take your body on a journey unlike anything you've experienced before. This is a great time to take inventory of your life, write down WHY you're doing the Ultimate Reset, and list the cravings you hope to release and the life changes you'd like to make.</p>	 <p style="text-align: right;">Download Now</p>
Day 6	Support Tips	<p>Shop for your Ultimate Reset food. Also, take a look at this video before Day 1 tomorrow: https://www.youtube.com/watch?v=mztWvj1Sgfs</p>	

Week 1

WEEK 1

Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 1	Video and Conference Call	<p>The creators of Ultimate Reset have put together four amazing supplements to support your body throughout all three phases of the cleanse. Soothe, the newest one added to the mix, has a unique blend of aloe vera and curcumin to help enhance digestive health and support the reduction of inflammation. Check out the videos below for Mineralize, Alkalinize, and Optimize® from Darin, co-creator of Ultimate Reset and Shakeology®, so that you understand their importance and functions. Now put on your hemp bracelet, and let's get started!</p> <ul style="list-style-type: none"> • Optimize http://youtu.be/IXa1BxKJHug • Alkalinize http://youtu.be/5dosiFhXenA • Mineralize http://youtu.be/K_VpAsRLC3U <p>"Health is not valued till sickness comes."—Thomas Fuller</p>	 <p>Download Now</p>
Day 2	Symptoms	<p>How's your day 2 going? Feeling headaches, fatigue, or aches and pains? Then try drinking more water and incorporate stretching into your day! Days 3–5, as your body adjusts to the Ultimate Reset, can be particularly challenging. "Tired" can really mean "detoxing." Listen to your body. Don't push. And when you can, sleep.</p>	
Day 3	Support Tips	<p>Your body temperature may fluctuate during your Reset, so you might feel colder than usual. Always keep a sweater with you! If you're feeling cold, bundle up, move your body (without strain), practice deeper breathing, or drink warm herbal tea. Know that this temporary coldness is normal. Your body is cleansing, directing blood and energy away from your extremities and toward your internal organs.</p>	

WEEK 1

Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 4	Nutrition	As you're looking at your recipes in the Participant Portal, check the daily videos posted by people experiencing the Ultimate Reset just like you!	
Day 5	Getting Started Tip	It is ideal to drink water 5-10 minutes prior to your meal rather than with meals. Drinking liquids can dilute digestive acids and considerably slow your digestion. When food takes too long to go through your system, it may ferment or putrefy, causing digestive problems. Be sure to chew your food thoroughly (until it is liquid in your mouth) then swallow. Return to drinking water 20-30 minutes after meal.	 <p style="text-align: center;">Download Now</p>
Day 6	Shakeology	<p>Chocolate Vegan and Tropical Strawberry Shakeology are tasty, convenient modifiers to your Ultimate Reset program. Try these options:</p> <p>Week 1 – breakfast (full serving) or snack (half a serving)</p> <p>Week 2 – breakfast (half a serving) or snack (half a serving)</p> <p>Week 3 – snack (half a serving)</p> <p>Here's a refreshing recipe:</p> <ul style="list-style-type: none"> • 1 scoop Chocolate Vegan Shakeology • 1/8 tsp mint extract • 1 cup water 	
Day 7	Motivation	<p>You've completed Week 1—awesome job! I hope you're proud of yourself; I know it wasn't easy. How do you feel? What meal was your favorite? Spend time with people who share your healthy goals.</p> <p>Also, take a look at this video as we get ready for Week 2: https://www.youtube.com/watch?v=TWY30J3dmIM</p>	




Week 2

WEEK 2

Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 1	Video	<p>In Week 2, you'll add a new supplement: Detox. Darin gets you started with a video explaining what this gentle cleanse does, and why. He'll also discuss how this week's foods assist the process. http://youtu.be/t5wq8eG-jEs Some people find Detox very grainy. Try these tips to help it go down easily:</p> <ul style="list-style-type: none"> - Drink it through a straw - Add cinnamon - Use the coldest water possible - Mix it in sugar-free organic cranberry juice 	
Day 2	Nutrition	<p>Grains can be good for you—if they're the RIGHT grains. Wondering why brown rice and quinoa often appear in Ultimate Reset recipes? Quinoa is high in protein, calcium, and iron. Brown rice is chock-full of vitamins, fiber, minerals, and protein. That makes them great foods to incorporate into your post-Reset diet!</p>	
Day 3	Support Tips	<p>Are you taking the time to breathe deeply every day? What about walking? Both of these activities support your Ultimate Reset, helping to:</p> <ul style="list-style-type: none"> - Increase oxygen supply - Clear CO₂ waste - Improve circulation - Calm the nervous system - Reduce muscle tension - Aid digestion 	<p style="text-align: center;">Download Now</p>
Day 4	Symptoms	<p>During Week 2, some people notice a change in their sleeping patterns and/or an urge to clear clutter from their environments. What changes have you noticed? Have you been sleeping more deeply?</p>	

WEEK 2

Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 5	Dry Brush	Is your skin is breaking out this week? The skin is the body's largest organ, and one of its chief outlets for eliminating toxins. Dry brushing helps! If you haven't purchased a dry brush yet, I highly recommend doing so. Try to brush your skin on a daily basis, preferably right before your daily shower to speed the cleansing process after dry brushing. Always brush toward your heart to facilitate detoxification.	
Day 6	Shakeology	Fun fact: The antioxidant vitamins, minerals, and phytonutrients found in the fruits and vegetables in Shakeology can slow down the appearance of wrinkles, brown spots, broken capillaries, and other signs of aging. In addition, zinc, a zit-fighting mineral, also reduces inflammation, redness, and wrinkles.	 <p>Download Now</p>
Day 7	Success Story	Use this day to share an Ultimate Reset Success Story with your Challenge group! In the Success Story Appendix, you'll find several stories that match the profile of your customers. Also, view this video before we start Week 3: https://www.youtube.com/watch?v=vwsC3ejboUY	



Week 3

WEEK 3

Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 1	Video	Watch today's video to learn about Revitalize, the supplement you'll add in Week 3. Revitalize adds beneficial flora to your digestive tract, helping your system make a fresh start. http://youtu.be/FJKdVF3s-eM	
Day 2	Support Tips	Have you become more conscious of your eating habits since doing the Ultimate Reset? Share a positive new habit with the group!	
Day 3	Nutrition	<p>Not only does miso soup show up repeatedly in the Nutrition Guide—2 servings of this potent soup also makes a great snack choice for Week 3! Miso soup benefits your health because it:</p> <ul style="list-style-type: none"> - Contains all 9 essential amino acids, making it a complete protein - Stimulates secretion of digestive fluids in the stomach - Restores beneficial probiotics to the intestines - Provides good vegetable-quality source of B vitamins (especially energizing B12!) - Strengthens quality of blood and lymph fluid - Strengthens the immune system and helps to lower LDL cholesterol <p>Protects against free radicals with plentiful antioxidants</p>	<p>Not just your image.</p> <p>Download Now</p>
Day 4	Symptoms	Feeling hungrier this week? Hang in there. Your body is becoming more and more efficient and food now really is fuel! Remember, you can include an approved grain snack, or add a bit of avocado or chia seeds (both are great sources of fat)	<p>Download Now</p>



WEEK 3

Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 5	Nutrition	Are you cooking in different ways than you used to? What are your favorite meals so far? Which will you continue to make and enjoy after the Reset?	
Day 6	Motivation	1 day left—almost there! Today is a great time to take inventory of how you're feeling emotionally and physically. What's been the most challenging part of this experience? The most rewarding? Also, don't forget to submit your results in the Beachbody Challenge for your chance to win cash and prizes at BeachbodyChallenge.com	<p>Download Now</p>
Day 7	Motivation	Congratulations—you've finished the Reset! But the journey doesn't end here. You've cleared the toxins out of your body and should be feeling healthier, cleaner and revitalized. Why would you want to feel anything else? After you read "The Transition" instruction in the guidebook, be sure to watch the Maintenance Kit video to learn more about how to maintain and build upon these great benefits with the Ultimate Reset Maintenance Kit! http://youtu.be/8cUGScc7qX4 As you reflect on your journey, think about who else in your life would benefit from the Ultimate Reset. Spread the healthy word and contact me about finding a way to help your loved ones get on a path to a healthier, happier life. And finally, check out this video as you have now completed the Reset! https://www.youtube.com/watch?v=7xgcJEpxHRY	<p>Download Now</p>