

90-Day Multi-Program Performance Challenge Group Daily Coaching Guide



Instructions – How to Use This Multi-Program Guide

In this guide, you will find shareable Facebook® posts, including motivational quotes, health and fitness tips, delicious recipes, videos,* and more that correspond to each week of your Beachbody Challenge® Group. This guide is intended to help you manage a Challenge Group with participants of multiple Beachbody® programs at once, and is broken down into three segments of one-month intervals to accommodate programs of varying lengths. If you're running a 60-Day Challenge, use Months 1 and 3 and skip Month 2 posts.

Remember, these are suggested posts; 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) Post Week 0 topics to your Group's wall.
- 3) Encourage your Team to engage in the conversations.

NOTE REGARDING LINKS:

This Multi-Program Challenge Group 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.

Your own Coach repID looks like this:

?referringRepld=[yourID]

Example for Coach with repID of 2422 linking to the E&E Energy and Endurance® page:

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

*TRAINER VIDEOS:

You can access and share trainer videos for all of the Challenge Pack programs.

The videos are located in the Coach Online Office in the Video Library: Beachbody Challenge Group Guidesplaylist.

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Download all images in this Challenge Guide:

http://images.beachbody.com/tbb/images/challenge_group_guides/BBP/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, 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. So, let's introduce ourselves! Here's a list of 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. Which Beachbody fitness program you'll be doing 4. Favorite Beachbody Performance product or Stack (or the ones you'll be using during this Challenge) 5. One part of your body you'd like to work on the most 6. What you usually have for breakfast 7. What food(s) you dislike <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 | Nutrition Tip | <p>All Beachbody programs come with fantastic food plans filled with delicious recipes and helpful tips. Please follow your plan as closely as possible. Remember: FOOD IS FUEL! And it counts for about 85% of your results.</p> <p>For additional meal ideas, go to our recipe section on Team Beachbody: http://www.teambeachbody.com/eat-smart/recipes</p> |  <p>Download Now</p> |

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WEEK 0



| Day of Week | Topic | Facebook Post (Copy and Paste) | Images |
|-------------|---------------------------------|---|--|
| Day 3 | Getting Started by Eating Right | <p>It's time to clean house and clear out ALL the unhealthy food and beverages (including your secret stash). If the food isn't aligned with your goals—toss it! Because the reality is, if the "treat" isn't around to eat when your cravings hit, you CAN'T eat it. And, chances are, your urges will pass long before you drive all the way to the store. Now check out your program's Food Plan and stock up on the good stuff.</p> <p>What foods did you throw away?</p> |  <p>Download Now</p> |
| Day 4 | Goal Setting | <p>Let the people close to you know about your health and nutrition goals—having them aware will help you achieve them!</p> <p>Four tips on how to successfully set and achieve your goals:</p> <p>What program are you doing and what are your goals?</p> <p>To get started, open your program package, review the materials, and take the Fit Test (if applicable).</p> | <div style="background-color: #f0f0f0; padding: 5px;"> <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 </div> <p>Download Now</p> |
| Day 5 | Beachbody Performance™ | <p>Have you been wondering what makes the Beachbody Performance supplements you got in your Performance Challenge Pack so much better than the rest? They're backed by science!</p> <p>Check out these videos, which explain the science behind this revolutionary new line:</p> <p>Energize</p> <p>Recover</p> | |

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WEEK 0

| Day of Week | Topic | Facebook Post (Copy and Paste) | Images |
|-------------|------------------------------------|--|--|
| Day 6 | "Before" Pictures and Measurements | <p>Be sure to take your "before" photos and measurements today so as your transformation gets underway, you can measure your changes against where you began. I know no one likes to document things about themselves that they want to change, but trust me, do it now, and you'll be thankful later. Plus, the "before" and "after" info is the only way you can enter <u>the Beachbody Challenge Contest to get your free Beachbody Performance cinch bag, and a chance to win cash and prizes!</u></p> <p>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</p> <p>"Like" this post after you've taken your photos and measurements!</p> |  <p>Jessica W. 2013 Grand Prize \$100K winner*</p> <p>Download Now</p> |
| Day 7 | Beachbody® On Demand | <p>If you haven't already, log in to Team Beachbody Club! Once you've logged in, you'll have access to Beachbody On Demand, where you'll be able to stream your selected workouts and access various eating guides, calendars, and other support documents. If you're still waiting for your program to be shipped, this is your chance to get a head start and look forward to what's to come!</p> |  <p>Download Now</p> |

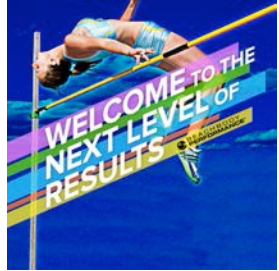

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Week 1

WEEK 1

| Day of Week | Topic | Facebook Post (Copy and Paste) | Images |
|-------------|-----------------------|--|---|
| Day 1 | Introduction | <p>It's Day 1!</p> <p>Enjoy your first workout, drink your Beachbody Performance Energize, get motivated, and let the transformation begin! And don't worry if the workouts seem difficult or hard to follow this first week. It usually takes at least one or two run-throughs to get used to new moves.</p> | <p>Download Now</p> |
| Day 2 | Beachbody Performance | <p>Are you getting a tingling feeling from Beachbody Performance Energize?</p> <p>If some of you are getting a tingling feeling after taking Energize, don't worry—it's totally normal! That's the Beta-Alanine getting to work. It buffers your lactic acid buildup (that's what causes muscle fatigue and the "burning" you get when working hard) so that you push harder for longer. Once you start working out, you'll notice the tingling sensation subside—which means it's entering your muscles and doing its job!</p> |  <p>Download Now</p> |
| Day 3 | Fitness Tip | <p>3 tips on how to do the perfect push-up: No matter what program you're doing, you'll likely encounter a push-up or two before it's over.</p> <p>Whether you're on your toes or on your knees, it's important to have the proper form.</p> <ol style="list-style-type: none"> 1. Get into plank position and make sure your hands are aligned directly under your shoulders. Tighten your core. 2. Lower your body until your chest almost touches the floor, keeping your back flat and elbows tucked close to your body. Don't let your butt dip or stick out; your body should remain in a straight line. 3. Continue keeping your back flat and core engaged as you push back to your starting position. If you can't do a push-up on your toes yet, don't give up! Start on your knees and work your way there. You're still getting a great workout. <p>To learn how much weight you're lifting with each push-up, read the full article: http://www.teambeachbody.com/teambeachbodyblog/fitness/how-to-do-the-perfect-push-up</p> |  <p>Download Now</p> |

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WEEK 1

| Day of Week | Topic | Facebook Post (Copy and Paste) | Images |
|-------------|-----------------------|--|----------------------------------|
| Day 4 | Beachbody Performance | It's Day 4! How are you doing so far? Are you feeling the positive effects of using the Beachbody Performance line with your workouts? What's your favorite product so far? | Download Now |
| Day 5 | Success Story | <p>When you combine Beachbody Performance with exercise, amazing things happen. You are able to power through your workouts with more intensity than ever before, and recover more quickly so you can work out just as hard the next day. Just check out Markhum's results!</p> <p>"It's like superpowers in the middle of your workout to take you through the end." —Markhum S.</p> | Download Now |
| Day 6 | Beachbody Performance | <p>If you bought a Performance Challenge Pack, you already have Energize and Recover, but there are a couple other additions to the line that might help you fight through and finish your Challenge strong.</p> <p>Check out the "Customize Your Beachbody Performance" section at MyBeachbodyPerformance.com to see which other products might be right for you.</p> | Download Now |
| Day 7 | Check-In | <p>Awesome job on completing Week 1!</p> <p>You should be so proud of yourself for getting through this week. I know it wasn't easy.</p> <p>We all have our own reasons for committing to getting healthy and fit. Who's willing to share what kept them going this week?</p> | |


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Week 2

WEEK 2



| Day of Week | Topic | Facebook Post (Copy and Paste) | Images |
|-------------|---------------|---|---|
| Day 1 | Motivation | <p><i>"It doesn't get easier, you just get better."</i></p> <p>What things are you guys struggling with this week?</p> | |
| Day 2 | Nutrition Tip | <p>Forget everything you learned about just eating breakfast, lunch, and dinner.</p> <p>That's because eating only 3 times per day ISN'T the best way to fuel your body. Instead, eat 5 times per day (3 meals and 2 snacks)—that way your blood sugar will remain stable instead of peaking and crashing.</p> | |
| Day 3 | Upsell | <p>Check out the Beachbody Performance Shaker Cup!</p> <p>Get one of these awesome Beachbody Performance Shaker Cups and use it for all your Performance supplements. The shaker cup makes it easy to mix up your supplements, while the lid offers two ways to drink it—either with the straw (perfect for your Energize mix) or without the straw (for your Recover mix).</p> <p>Check 'em out in the TBB Shop!</p> <p>https://www.teambeachbody.com/en_US/shop/-/shopping/BBPHybrdBtl</p> |  <p>Download Now</p> |
| Day 4 | Fitness Tip | <p>For those lifting weights, to avoid injuries do NOT bend your hands back at the wrists. It's a common mistake and it can lead to muscle strain or a wrist injury. Protect your wrists by keeping your hands in line with your forearms when lifting.</p> <p>And don't forget to take your Beachbody Performance Recover within 30 minutes of finishing your workout to boost recovery and reduce exercise-induced muscle soreness.</p> | |

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WEEK 2

| Day of Week | Topic | Facebook Post (Copy and Paste) | Images |
|-------------|-------------------|---|---|
| Day 5 | Nutrition Tip | <p>“Eating better” means drinking better, so avoid the empty calories in juice, soda, and alcohol. If you're thirsty, drink water. Plus, your body needs to be properly hydrated in order for you to excel in your workouts.</p> <p>How to cut out bad liquid calories:</p> <ul style="list-style-type: none"> • Replace juice with a whole piece of fruit. And don't peel it first (unless it's citrus or a banana, of course). The skin is loaded with tons of fiber and vitamins. • Avoid sodas, including the diet ones! Your body can't differentiate between regular and artificial sweeteners, and a single soda (diet or not) will spike your blood sugar. • Limit alcohol intake—it not only affects blood sugar and sleep patterns, it also has the potential to alter hormone levels, which could inhibit fat loss. <p>Click “Like” if you’ve STARTED saying NO to everything BUT H₂O.</p> |  <p>Download Now</p> |
| Day 6 | Fitness/ Check-In | <p>Are you getting enough sleep?</p> <p>Recovery is one of the most misunderstood aspects of physical fitness. Did you know your muscles actually grow while you rest? Make sure you're getting the sleep you need to rest and recover!</p> <p>For more information on sleep and muscle growth, check out:</p> <p>http://www.teambeachbody.com/about/newsletters/-/nli/229</p> |  <p>Download Now</p> |

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WEEK 2

| Day of Week | Topic | Facebook Post (Copy and Paste) | Images |
|-------------|---------------|--|---|
| Day 7 | Nutrition Tip | <p>Know when you're so hungry that you feel like you can eat anything? Well, the problem is, you usually do.</p> <p>And what you typically scarf down is junk. So to avoid that regretful pig out, pick one day out of the week to prepare all your meals and portion them out. That way, you'll never find yourself in a predicament where you're starving and have nothing to eat but the stuff you shouldn't.</p> <p>What's your favorite food to make in bulk?</p> <p>I like to cook on Sundays. I roast a bunch of chicken, make a big stew, and grill some veggies. That way, not only do I get to eat a healthy and delicious meal on Sunday, I get to enjoy the leftovers for the next few days. This saves me a ton of time on cooking during the week, plus, a significant amount of money because I'm not eating out.</p> <p>Another thing to do on Sundays is to prep your food for the week. Wash and chop all of your veggies and put them in a zip-top bag. Now you'll have fresh, healthy food to use in your meals all week long.</p> | <p style="text-align: center;">Download Now</p> |


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Week 3

WEEK 3



| Day of Week | Topic | Facebook Post (Copy and Paste) | Images |
|-------------|---------------|--|---|
| Day 1 | Motivation | <p><i>"If you always put limits on what you can do, physical or anything else, it'll spread over into the rest of your life. It'll spread into your work, into your morality, into your entire being. There are no limits. There are plateaus, but you must not stay there, you must go beyond them. If it kills you, it kills you. A man must constantly exceed his level."</i></p> <p>—Bruce Lee</p> | <p style="text-align: center;">Download Now</p> |
| Day 2 | Nutrition Tip | <p>Food for thought:</p> <p>One of the biggest reasons we get fat is because we overeat. And we overeat because we're hungry. And we're hungry because our bellies don't tell our brains that we're full for about 20 to 30 minutes after we're stuffed.</p> <p>So portion out your meals and stop when the food is gone, NOT when you're finally full. Maybe one day our bellies and brains will be better communicators with each other, but until then, make your brain rule your belly.</p> |  <p style="text-align: center;">Download Now</p> |
| Day 3 | Upsell | <p>Some of my teammates have found that the Beachbody Performance Recharge (the one you take at night) has really helped them recover a lot quicker than when they simply took Recover all by itself. And since you won't feel as sore from the intense workout you did the day before, you can go just as hard the next day. And the day after that. And the day after that! Give it a shot and let me know how it makes you feel.</p> <p>https://www.teambeachbody.com/en_US/shop/-/shopping/BBPRecharge</p> |  <p style="text-align: center;">Download Now</p> |

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WEEK 3

| Day of Week | Topic | Facebook Post (Copy and Paste) | Images |
|-------------|---------------------|---|--|
| Day 4 | Fitness Tip | <p>Five tips for getting through your toughest workout:</p> <ol style="list-style-type: none"> 1. Mentally Prepare 2. Find a Workout Buddy 3. Get into a Routine 4. Make your Goals Specific 5. Use the 3 Ps <p>Read the full article here: http://www.teambeachbody.com/about/newsletters/-/nli/292</p> |  <p>Download Now</p> |
| Day 5 | Success Story | <p>This is what I'm talking about!</p> <p><i>"I have never been able to push myself as hard as I did before using the Beachbody Performance Line!"</i> —Heitor C.</p> <p>Anyone feeling changes in their body yet?</p> |  <p><small>BEACHBODY</small> HEITOR C. LOST 6.5 LBS AND 38% BODY FAT IN 30 DAYS!</p> <p>Download Now</p> |
| Day 6 | Engagement Question | <p>Got questions?</p> <p>Everyone does. Send them my way and together we can help find a solution that works for you.</p> | |
| Day 7 | Check-In | <p>You've conquered Week 3, congrats!</p> <p>Remember, to get the results you want you've got to stay consistent, and your Challenge Group is here to help. Make exercise who you are, not just something you do.</p> <p>Instead of meeting friends for Happy Hour, go for a walk. What about a weekend hike?</p> <p>How have you incorporated health and fitness into your life?</p> | |

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Week 4

WEEK 4

| Day of Week | Topic | Facebook Post (Copy and Paste) | Images |
|-------------|-----------------------|--|-------------------------------------|
| Day 1 | Weekly Motivation | <p><i>"Obstacles can't stop you. Problems can't stop you. Most of all, other people can't stop you. The only one who can stop you, is YOU."</i></p> <p>—Jeffrey Gitomer</p> <p>What's your biggest hurdle this week? How will you overcome it? Let's help support each other with ideas!</p> | <p>Download Now</p> |
| Day 2 | Nutrition Tip | <p>Timing your pre-workout nutrition is very important because while you want to have enough fuel in your system to get a good workout, if you exercise immediately after eating, your body will be focused on digestion and you'll feel drained. You might even feel sick to your stomach because it's hard to jump around with a stuffed belly.</p> <p>So to make sure your body is properly fueled and ready to go, eat a very small meal about two hours prior to exercising. Then 30 minutes before working out, take your pre-workout supplement, Energize, so you'll feel fully charged and ready to go.</p> | |
| Day 3 | Beachbody Performance | <p>By now you may start to realize that you're not nearly as sore as you thought you would be or think you should be. But as long as you're pushing yourself to the limit every day, it's OK! That's the Beachbody Performance kicking in. They've got ingredients such as pomegranate extract and tart cherry extract specifically formulated to target exercise-induced muscle soreness.</p> <p>I found this testimonial interesting:</p> <p><i>"I'm allergic to ibuprofen and aspirin so I used to be sore all the time. But the recovery shakes I take after working out have definitely helped me. I can work out more days during the week and not feel sore the next day."</i></p> <p>—Beth W.</p> <p>Have you noticed yourself being less sore than you thought?</p> | <p>Download Now</p> |

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WEEK 4

| Day of Week | Topic | Facebook Post (Copy and Paste) | Images |
|-------------|---------------------|--|-------------------------------------|
| Day 4 | Fitness Tip | <p>The best way to gauge your transformation is by ignoring the scale.</p> <p>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>Whose clothes are getting too big for you now?</p> | |
| Day 5 | Success Story | <p>Beachbody Performance helped Lyndsay feel like an athlete for the first time ever.</p> <p><i>"I couldn't have asked for a better system to help me motivate myself to work out harder, have more energy, and really feel like an athlete for the first time in my whole life! It's helped me to push myself to the max and actually push harder than I ever have before."</i> —Lyndsay B.</p> <p>How has Beachbody Performance changed your workouts?</p> | <p>Download Now</p> |
| Day 6 | Check-In | <p>It's the end of your first month and time to take your measurements and photos.</p> <p>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.</p> <p>Everyone's body is different and is on its own unique transformation journey.</p> <p>"Like" this post once you've taken your measurements and photos.</p> | |
| Day 7 | Engagement Question | <p>Congrats! You've made it through the first month!</p> <p>Let's celebrate your victories, no matter how big or small. What are you most proud of so far? Please share!</p> | <p>Download Now</p> |

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Week 5

WEEK 5


| Day of Week | Topic | Facebook Post (Copy and Paste) | Images |
|-------------|-----------------------|--|-------------------------------------|
| Day 1 | Motivation | <p><i>"I wouldn't say anything is impossible. I think that everything is possible as long as you put your mind to it and put the work and time into it."</i></p> <p>—Michael Phelps</p> | <p>Download Now</p> |
| Day 2 | Nutrition Tip | <p>Ever tried quinoa? (Pronounced: KEEN-waaaah)</p> <p>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 | Beachbody Performance | <p>Nighttime Munchies?!</p> <p>Do you tend to fall victim to nighttime munchies? Some of my customers are using Beachbody Performance Recharge to replace their nighttime dessert. I like to mix my Recharge with a little almond milk to make a delicious vanilla pudding. Do you have any Recharge recipes you've created?</p> | |

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WEEK 5

| Day of Week | Topic | Facebook Post (Copy and Paste) | Images |
|-------------|---------------------|--|--|
| Day 4 | Nutrition Tip | <p>Ever tempted to eat a cheat meal?</p> <p>We all are. So to help you JUST SAY NO, put your fattest AND fittest pictures on the fridge. This trick's guaranteed to help you lose your appetite instantly!</p> | |
| Day 5 | Success Story | <p>Melissa used Beachbody Performance to push herself harder than ever before.</p> <p><i>"The whole system is great. It allows me to do those extra reps or that extra set or two with some heavier weights that I haven't ever done before." —Melissa G.</i></p> <p>Have you been feeling like the Beachbody Performance system is helping you hit your goals faster?</p> |  <p>Download Now</p> |
| Day 6 | Engagement Question | <p>What area of health and fitness do you need help improving on?</p> | |
| Day 7 | Motivation | <p><i>"Never measure yourself against magazine covers. Every 'perfect' body you see in a bikini is a result of weeks of dieting and exercise. And airbrushing."</i></p> <p>—Chalene Johnson</p> | |



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Week 6

WEEK 6

| Day of Week | Topic | Facebook Post (Copy and Paste) | Images |
|-------------|-----------------------|--|---|
| Day 1 | Motivation | <p>"To be successful, you must dedicate yourself 100% to your training, diet, and mental approach." —Arnold Schwarzenegger</p> | <p>Download Now</p> |
| Day 2 | Nutrition Tip | <p>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. What are your favorite steamed veggies?</p> |  <p>Download Now</p> |
| Day 3 | Beachbody Performance | <p>Our trainers don't lie.</p> <p>Check out this short video on what <i>(Coach to choose trainer – Tony, Autumn, or Sagi)</i> thinks about the Beachbody Performance system.</p> <p>Tony</p> <p>Autumn</p> <p>Sagi</p> | |
| Day 4 | Upsell | <p>Want to push yourself even more?</p> <p>Then try using more resistance bands (http://teambeachbody.com/shop/-/shopping/BLINEBandKits) or weighted gloves (http://teambeachbody.com/shop/-/shopping/WeightedGloves) in your workouts.</p> <p>Has anyone been using these in their workouts already?</p> |  <p>Download Now</p> |

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WEEK 6

| Day of Week | Topic | Facebook Post (Copy and Paste) | Images |
|-------------|---------------------|---|--------|
| Day 5 | Fitness Tip | <p>Some of you probably are doing longer workouts. Perhaps you're even doing extra training on your own. Or maybe you're playing in a weekend recreation league. Regardless of your extracurricular activities, here are some tips and tricks on how to supplement your body for longer workouts so you can get more out of them than you ever have before.</p> <p>http://bit.ly/1iJGRjI</p> | |
| Day 6 | Check-In | <p>We're 6 weeks in! What bad habits have you broken so far?</p> <p>Who needs help breaking a habit?</p> | |
| Day 7 | Engagement Question | <p>How many (push-ups/sit-ups/squats, etc.) could you do without stopping when you started your program? And how many can you do today?</p> <p>What else have you improved on?</p> | |



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Week 7

WEEK 7





| Day of Week | Topic | Facebook Post (Copy and Paste) | Images |
|-------------|-----------------------|--|---|
| Day 1 | Motivation | <p><i>"You will never find time for anything. If you want time, you must make it."</i> —Charles Buxton</p> <p>Have you been tempted to make excuses why you can't get your workout in? What were they and how did you push through?</p> | <p>Download Now</p> |
| Day 2 | Nutrition Tip | <p>Learning how many calories are in your food is VERY, VERY, VERY important.</p> <p>Knowing the calorie count will help you make better decisions about what you eat—and what you don't. It's also helpful to know how many calories you burn through exercise. Because when you realize that you'd have to exercise for TWO hours to burn off that ONE ten-second splurge, it'll make you think twice about eating it in the first place.</p> <p>What foods did you give up after learning their high-calorie count?</p> |  <p>Download Now</p> |
| Day 3 | Beachbody Performance | <p>Beachbody Performance Recover has the optimal types of proteins at just the right levels. I'm sure you're feeling the difference Recover has made in your workouts—from fueling your muscles, to reducing your soreness.</p> <p>Learn more about the types of protein you are putting into your body here:</p> <p>http://bit.ly/1iGoaNo</p> |  <p>Download Now</p> |

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WEEK 7

| Day of Week | Topic | Facebook Post (Copy and Paste) | Images |
|-------------|---------------|---|---|
| Day 4 | Fitness Tip | <p>Everyone wants to know the secret to a flat stomach—which isn't much of a secret at all. Check it out:</p> <p>http://www.teambeachbody.com/about/newsletters/-/nli/286#280868234</p> <p>But doing exercises that target your abs will strengthen them so they appear defined when your body fat percentage is low enough for them to be visible.</p> <p>What's your favorite ab exercise?</p> |  <p>Download Now</p> |
| Day 5 | Nutrition Tip | <p>Fruit is fast food!</p> <p>What's your favorite healthy fast food?</p> |  <p>Download Now</p> |
| Day 6 | Check-In | <p>Ever heard of tart cherry extract?</p> <p>Well if you purchased Beachbody Performance Recharge, you're drinking it! Learn more about the recovery benefits of tart cherry extract here:</p> <p>http://bit.ly/1YL5CMO</p> |  <p>Download Now</p> |
| Day 7 | Motivation | <p><i>"You're not going to wake up to the body you've always wanted. You've got to work for it."</i></p> <p>—Autumn Calabrese</p> <p>What are the biggest changes you've seen in your body over these past 2 months? And what did you do differently to get there?</p> |  <p>Download Now</p> |

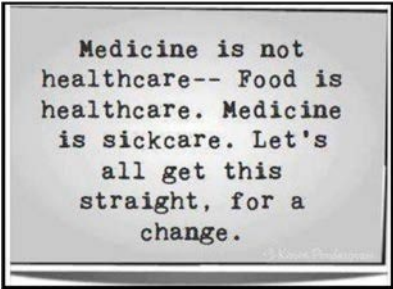
90-Day Multi-Program Performance Challenge Group

Daily Coaching Guide



Week 8

WEEK 8



| Day of Week | Topic | Facebook Post (Copy and Paste) | Images |
|-------------|---|--|--|
| Day 1 | Motivation | <p><i>"Many of life's failures are people who did not realize how close they were to success when they gave up."</i> —Thomas Edison</p> <p>You are almost there! Keep pushing play!</p> | |
| Day 2 | Nutrition Tip | <p>What are some foods/beverages that you gave up to lose weight and get in shape? Was it as hard as you thought? How much better do you feel now that they're not weighing you down? What are some delicious foods you're now eating that you never thought you would?</p> <p>Please share!</p> |  <p>Download Now</p> |
| Day 3 | Check-In | <p>We're almost two whole months in. Don't beat yourself up if you missed a day (or two) of exercise. Life can be unpredictable. Just make a commitment to yourself to get back to your daily workouts as soon as you can.</p> <p>How do you make up for lost workout time?</p> | |
| Day 4 | 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 Performance Pack, you can enroll as a Coach for free, get discounts on Beachbody products, including Beachbody Performance, 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> | |

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Daily Coaching Guide



WEEK 8

| Day of Week | Topic | Facebook Post (Copy and Paste) | Images |
|-------------|---------------------|--|--|
| Day 5 | Success Story | It's not always just about how much you lose, but also about how amazing you feel when you look in that mirror. Check out the definition Lisa P. gained in her midsection from using the Beachbody Performance system with 21 Day Fix! |  <p>BEACHBODY LISA P. LOST 4.5 LBS AND 3.8 INCHES IN 60 DAYS!</p> <p>Download Now</p> |
| Day 6 | Check-In | <p>It's picture time!</p> <p>Tracking your progress is the only way to know how far you've come. And by now, you've probably come a long way! Be proud of your success. Document it.</p> | |
| Day 7 | Engagement Question | What body part is changing the most—and how? |  <p>Download Now</p> |


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Week 9

WEEK 9



| Day of Week | Topic | Facebook Post (Copy and Paste) | Images |
|-------------|-------------------|---|---|
| Day 1 | Motivation Monday | Don't let your Monday define you. Get back at it. #MotivationMonday | Download Now |
| Day 2 | Upsell | <p>Have you tried Beachbody Performance Hydrate yet? Most of you have, but for the ones who haven't, this during-workout drink is absolutely amazing. It helps keep my body hydrated better than water (or some other sports drinks), AND keeps me from having that bloated, full feeling. I even like using it on the weekends when I go running or play recreational sports. Give it a shot!</p> <p>http://www.teambeachbody.com/en_US/shop/-/shopping/BBPhydrate</p> <p>How many of you are trying an intra-workout supplement for the first time (sports drinks like Gatorade don't count!), and what do you think?</p> | |
| Day 3 | Fitness Tip | <p>How to push yourself harder.</p> <p>We're in Month 3 of the Challenge. How are you doing? Right about now, it's normal for your intensity levels to drop during your workouts. However, there are ways around that. Because the harder you push yourself (especially in this final stretch), the better your results! And who doesn't want that?</p> <p>Check out this article for 7 amazing tips on how to push yourself harder: http://bit.ly/1iJQONH</p> <p>And if you have a unique strategy that works for you, please share with the Group.</p> |  <p>Download Now</p> |
| Day 4 | Science | Curious to learn more about the science behind Beachbody Performance? Check out the Beachbody Performance YouTube page videos that discuss each product in detail, as well as a webinar that dives DEEP into the science behind what makes these supplements different from other supplements on the market. | YouTube Link |

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WEEK 9

| Day of Week | Topic | Facebook Post (Copy and Paste) | Images |
|-------------|---------------------|---|---|
| Day 5 | Success Story | <p>Cameron L. lost 13% body fat in 60 days doing Body Beast with the Beachbody Performance Line.</p> <p><i>"Taking the Beachbody Performance Line, I feel like I have been able to push myself beyond any level I have achieved in years. I feel like I'm back in college, and I look great!" —Cameron L.</i></p> <p>Anyone else surprised at how far they have been able to push themselves?</p> | <p>Download Now</p> |
| Day 6 | Check-In | <p>Who's willing to share their experiences and successes so far? This is a great chance to reflect on how far you've come, as well as to better understand what you need to do in order to reach your goals by the end of the program.</p> |  <p>Download Now</p> |
| Day 7 | Engagement Question | <p>What was your goal when you started this Challenge Group? To lose weight? Lift heavier? Have more muscle definition? How are you feeling so far? Have you met or even exceeded your goals already? Tell us your story.</p> |  <p>Download Now</p> |


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Week 10

WEEK 10

| Day of Week | Topic | Facebook Post (Copy and Paste) | Images |
|-------------|-----------------------|--|---|
| Day 1 | Motivation | <p><i>"If you don't make the time to work on creating the life you want, you're eventually going to be forced to spend a LOT of time dealing with a life you DON'T want."</i></p> <p>—Kevin Ngo</p> | |
| Day 2 | Nutrition Tip | <p>Always try to eat well-balanced meals.</p> <p>And remember that excess calories, even if they're from food that's fat-free and high in protein, will turn into excess weight. No matter what the latest fad diet says, extra calories equal extra weight!</p> <p>Who's got a favorite low-calorie snack they want to tell us about?</p> | |
| Day 3 | Beachbody Performance | <p>Did you know?</p> <p>The impact of phytonutrients in pomegranates, including ellagitannins (like those found in Beachbody Performance Recover), on performance recovery after exercise has been getting a lot of attention lately. Especially around the effects pomegranates have on muscle damage and strength performance recovery following heavy resistance training.</p> <p>If training or competing on successive days, pomegranate supplementation might work to your advantage by decreasing soreness and preventing weakness.</p> |  <p>Download Now</p> |
| Day 4 | Fitness Tip | <p>What lifestyle changes, whether it's fitness or nutrition, are you going to keep moving forward?</p> <p>Which new ones do you want to incorporate?</p> | |

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WEEK 10

| Day of Week | Topic | Facebook Post (Copy and Paste) | Images |
|-------------|---------------|---|-------------------------------------|
| Day 5 | Success Story | <p>I'm hearing this over and over again, but here's another story about how Beachbody Performance is helping people recover quicker to help them hit their goals faster!</p> <p><i>"Since taking the Beachbody Performance Line, I recover more quickly from my workouts than ever before!"</i> —Jon P.</p> | <p>Download Now</p> |
| Day 6 | Check-In | <p>What are you doing differently now since you've transformed your body?</p> <p>Have you gone shopping for new clothes? Have you been going out to more social events? Have you persuaded others to start living a healthier life, too? Do tell!</p> | |
| Day 7 | Motivation | <p>Your body. Your choice.</p> | <p>Download Now</p> |

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Week 11

WEEK 11

| Day of Week | Topic | Facebook Post (Copy and Paste) | Images |
|-------------|-----------------------|--|-------------------------------------|
| Day 1 | Motivation | <p><i>"Exercise: you don't have time not to."</i> —Unknown</p> <p>We're in the final stretch and there's no way you can NOT give it your all.</p> <p>Need encouragement on something? Share. And we'll be there to help you reach your goals.</p> | <p>Download Now</p> |
| Day 2 | Nutrition Tip | <p>Are you sabotaging your weight loss? Check out these helpful tips from the Team Beachbody Blog.</p> <p>http://www.teambeachbody.com/teambeachbodyblog/weight-loss/sabotaging-weight-loss</p> | <p>Download Now</p> |
| Day 3 | Beachbody Performance | <p>As we're approaching the end of your Challenge, it's really important to pay attention to your results and how your body is feeling.</p> <p>I've been loving that it's the NATURAL ingredients (like beta-alanine to buffer lactic acid buildup, and the pomegranate and tart cherry extracts to help reduce exercise-induced muscle soreness and inflammation) in Beachbody Performance that are what have helped take my workouts to the next level.</p> <p>Have you been able to push harder than you thought possible? If you've done other Beachbody workouts before, how did your results compare this time around? How has the Performance line helped you cross the finish line?</p> | <p>Download Now</p> |
| Day 4 | Fitness Tip | <p>Now that we're in the homestretch, do some of you fear that what you worked so hard to achieve might not last? We all have those thoughts—but don't fear. Here's an awesome article full of tips to help you maintain your results:</p> <p>http://www.teambeachbody.com/about/newsletters/-/nli/286#280868250</p> | |

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WEEK 11

| Day of Week | Topic | Facebook Post (Copy and Paste) | Images |
|-------------|---------------------|---|--------|
| Day 5 | Nutrition Tip | <p>Don't stop healthy eating when you finish the Challenge.</p> <p>Keep it up by keeping a daily log of what you're actually eating. This includes every time you grab a handful of chips, or eat the crust off your kid's sandwich. Even if you don't remember what you ate throughout the day, your body does. This will help you stay on track after the Challenge.</p> | |
| Day 6 | Upsell | <p>For many of you, this may have been your first time using supplements to help with your workouts. For those of you that only tried one or two of them and really felt the difference like I did, consider trying the Advanced Performance Stack (if you want to lean out) or the Ultimate Performance Stack (for those who really want to bulk up). These stacks help you through every part of your workout—from the pre-workout Energize through to the nighttime Recharge to take your results even further.</p> <p>For those of you that did try the whole Beachbody Performance line, what did you think?</p> <p>Check them out here:</p> <p>Advanced Performance Stack http://www.teambeachbody.com/en_US/shop/-/shopping/BBPAdvStack</p> <p>Ultimate Performance Stack http://www.teambeachbody.com/en_US/shop/-/shopping/BBPUltStack</p> | |
| Day 7 | Engagement Question | <p><i>"It always seems impossible until it's done."</i> —Nelson Mandela</p> <p>What seemed impossible to you on Day 1?</p> | |

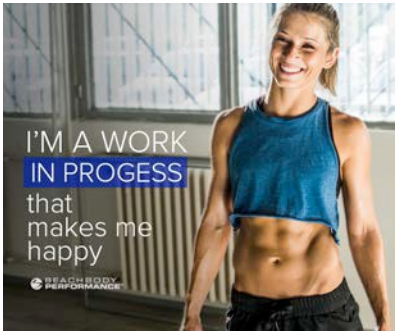
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Week 12

WEEK 12

| Day of Week | Topic | Facebook Post (Copy and Paste) | Images |
|-------------|-----------------------------|--|---|
| Day 1 | Success Story | <p>In our final week, I thought I'd start off with my own Success Story.</p> <p>[Coach, insert YOUR Success Story and your "Why" story for becoming a Coach.]</p> | |
| Day 2 | Nutrition Tip | <p>Stick with eating plans you can maintain indefinitely.</p> <p>Remember that no matter how hard you're working out, if you're consuming too many calories, you'll never see the muscles that lie beneath layers of fatty tissue.</p> | |
| Day 3 | Motivation | <p>I'm so proud of you guys!</p> <p>You are all my inspiration. I know these past three months have been hard, but you've stuck with it day in and day out. I feel so lucky to be your Coach. Just because we are nearing the end of our Challenge Group, don't let this be the end of making you the best version of yourself.</p> |  <p>Download Now</p> |
| Day 4 | Fitness Engagement Question | <p>What are some things that you thought were impossible three months ago that now come second nature to you?</p> | |

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WEEK 12

| Day of Week | Topic | Facebook Post (Copy and Paste) | Images |
|-------------|------------------------------|---|--------|
| Day 5 | Coach Lead Generation | <p>By now, I bet a lot of people are commenting on your new look.</p> <p>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 6 | Check-In | <p>What was your favorite thing about the program you did?</p> <p>How did it change your life as well as the lives of others around you?</p> <p>So what program's next? And why?</p> <p>And don't forget, this is NOT the end. This is just the beginning of a life of living healthy, loving life, and daily exercise.</p> | |
| Day 7 | Beachbody Challenge® Contest | <p>Congratulations, you did it!</p> <p>I'm so proud of all of you for sticking with it. And you should be proud of yourselves. What an incredible accomplishment.</p> <p>Be sure to take your "after" photos and measurements, and take your program's final Fit Test to see your progress. Submit and share your achievement with the Beachbody Challenge at http://www.BeachbodyChallengeContest.com/ so you can get your FREE T-shirt (or cinch bag if you submit under Beachbody Performance) and a chance to win cash and prizes!</p> <p>Does anyone have results or photos they want to share? Post them now!</p> | |