



Instructions – How to Use This Guide

In this guide, you will find shareable social posts, including motivational quotes, health and fitness tips, delicious recipes, videos,* and more that correspond to each week of your Club Challenge Group. This guide is intended to help you manage a Challenge Group with participants who choose to stream a fitness program through Beachbody® On Demand. The guide is broken down into three segments of one-month intervals to accommodate programs of varying lengths. For example, if you're running a 60-Day Challenge, use Month 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. Review the [Product Training Guide](#) for all the information you need to know about Body Beast, including recommendations on products and nutrition, to ensure your group's ultimate success.
3. Share this [starter guide](#) 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 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: **?referringRepld=[yourID]**

Example for Coach with repID of 2422 linking to the Club Challenge Pack: <https://www.teambeachbody.com/checkout/-/bbcheckout/challengepack/90-day-club-trial?referringRepld=2422>

*TRAINER VIDEOS:


You can access and share trainer videos for all of the Challenge Pack fitness programs. The videos are located in the Coach Online Office in the Video Library: Beachbody Challenge Group Guides playlist.

Download all images in this Challenge Guide:

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

Prep Week 0 (The Week Before Your Challenge Begins)


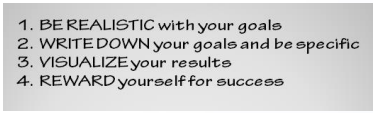

WEEK 0

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. 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 your answers in the comment section!</p> <ol style="list-style-type: none"> 1. Name 2. Where you live 3. Which Beachbody® fitness program you'll be doing 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 food(s) you dislike <p>This will be a journey, and the best part is that we're all in it together!</p>	 <p>Download Now</p>
Day 2	Team Beachbody Club	<p>Some of you may have already done this, but if you haven't, go find the email Team Beachbody® sent you when you purchased your Challenge Pack and activate your Team Beachbody Club membership now. Once you've logged in to Club, you'll have access to Beachbody On Demand, where you'll be able to access your program's fitness videos, nutrition guide, and support documents.</p>	

Club Challenge Group Guide




WEEK 0

Day of Week	Topic	Facebook Post (Copy and Paste)	Images (click link to download)
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>Download Now</p>
Day 5	Shakeology	<p>Not sure how to make the perfect glass of Shakeology yet? Check out this page with tons of recipes for each flavor and find your soulmate shake: http://www.shakeology.com/shake-recipes</p> <p>Do you have a favorite Shakeology recipe yet? If so, share it with the Group!</p> <p>Mine is the super-simple "Mocha Chiller":</p> <ul style="list-style-type: none"> •1 scoop Chocolate, Chocolate Vegan, or Vanilla Shakeology •1 cup brewed coffee (<i>cooled, ice to taste</i>) <p><i>TIP: Add a little bit of milk, or a milk alternative, and some cinnamon for the cappuccino or latte effect!</i></p>	 <p>Download Now</p>

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WEEK 0



Day of Week	Topic	Facebook Post (Copy and Paste)	Images (click link to download)
Day 6	"Before" Pictures, Measurements, and Beachbody Challenge Contest	<p>Be sure to take your "before" photos and measurements today—so that as your transformation is under way, you can measure your changes against where you began. Plus, the "before" and "after" info is the only way you can enter the Beachbody Challenge® Contest, get your FREE gift, and have the chance to win cash and prizes!</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?referringRepId=1</p> <p>Log on to BeachbodyChallenge.com and sign up to take The Challenge today! You'll be glad you did.</p>	
Day 7	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>

Club Challenge Group Guide





Week 1



WEEK 1

Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 1	Introduction	<p>It's Day 1! Enjoy your first workout, drink your Shakeology, 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	Nutrition Tip	<p>Shakeology co-creators Darin Olien and Isabelle Daikeler have simplified eating clean with these essential tips.</p> <p>6 Do's for Eating Clean:</p> <p>http://www.shakeology.com/blogs/2014/07/26/6-dos-eating-clean/</p>	 <p>Download Now</p>

WEEK 1

Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 3	Shakeology	<p>Remember the junk food you threw away earlier this week? Well soon enough, you won't even miss it if you're drinking your Shakeology daily! That's because the nutrients in Shakeology feed your body with the stuff it needs, and its 15+ grams of protein help you stay satisfied!</p>	 <p>Download Now</p>
Day 4	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 with your shoulders but just wider than them. Tighten your core. 2. Lower your body until your chest almost touches the floor, tucking your elbows in as you do. When you're at the bottom, your arms should be at 45-degree angles. 3. Keep your back flat and do not let your back or hips sag. If you can't do a push-up on your toes yet, don't give up! You're still getting a great workout. <p>To learn how much weight you're lifting with each push-up, read the full article:</p> <p>http://www.teambeachbody.com/get-fit/fitness-tip/-/tip/244321358/all/2/5</p>	 <p>Download Now</p>

WEEK 1


Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 5	Success Story	<p>This is what I'm talking about!</p> <p><i>"At nearly 200 lbs., I was not healthy. But food was always my 'comfort,' so the more depressed I got, the more I ate. When my dad died from cancer, I ate and ate until I couldn't eat anymore. But I hit rock bottom when I developed a 'softball' in my neck. At first, they thought I'd had a heart attack. It was only an infection that required surgery. But the scare of a heart attack sent me to P90X, and then ASYLUM. In all, I lost 76 lbs. And I thank Shakeology—it supported my transformation, helped me lose weight, AND it saved my life. When I was in the hospital, my mom brought me Shakeology every day, and I truly believe it gave my body everything it needed to heal itself and thrive." —Lisa J.</i></p> <p>Anyone feeling changes in their body yet?</p>	 <p>Download Now</p>
Day 6	Upsell	<p>Portion control problems, anyone? Click here if you don't have the portion-control containers—they're a great way to keep your eating on track.</p> <p>US Store: http://teambeachbody.com/shop//shopping/BBPrtnFixCont</p> <p>Canada Store: http://teambeachbody.com/shop//shopping/BBPrtnFixContCA</p> <p>(Add Coach replD to the end)</p>	 <p>Download Now</p>
Day 7	Check-In	<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.</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>	

Club Challenge Group Guide




Week 2


WEEK 2

Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 1	Motivation	<p>"Everything is hard before it is easy." —Johann Wolfgang von Goethe</p> <p>What things are you guys struggling with this week?</p>	
Day 2	Nutrition Tip	<p>Hydration, hydration, hydration! Water helps curb hunger. Drink half your body weight in ounces of water each day. Not only will water keep you hydrated and quench your thirst, it will help you feel full.</p> <p>Here are 5 ways water can help you get your dream body: http://www.shakeology.com/blogs/2014/06/10/5-ways-water-can-help-get-dream-bod/</p> <p>What's your favorite way to spice up your water?</p>	 <p>Download Now</p>
Day 3	Shakeology	<p>Ever wonder where Shakeology's incredible ingredients come from?</p> <p>Check out this video which never fails to inspire me! http://tbcoa.ch/18lCtqv</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>	

WEEK 2

Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 5	Shakeology	<p>Feeling any digestive discomfort with Shakeology?</p> <p>While most people only feel the amazing benefits of Shakeology, some experience mild discomfort when switching their diet. If that rings true for you, try using ½ a scoop twice daily—then slowly work up to 1 full scoop per serving.</p> <p>Are you having trouble "going"?</p> <p>Make sure you're drinking lots and lots of water. Plus, add some healthy fats to your diet, like coconut oil, olive oil, or even avocados.</p>	 <p>Download Now Download Now</p>
Day 6	Upsell	<p>WEEK 2 is almost done!</p> <p>I know you're probably feeling sore and tired—which is totally normal and means that you're making progress. If you could use a massage right about now, try rolling the pain away to get some myofascial relief. Yes, ROLL. If that's a new term to you, a foam roller is an incredible tool that's pretty much like a deep tissue massage that you give yourself.</p> <p>Check it out: http://teambeachbody.com/shop/-/shopping/FoamRoller</p> <p>Or if you want a more intense massage, check out the RumbleRoller®. http://teambeachbody.com/shop/-/shopping/RumbleRollerTC</p> <p>Anyone tried this before?</p>	

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. To avoid that regrettable 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 Sunday, roast a bunch of chicken, make a big stew, and grill some veggies; you'll have a great meal on Sunday and enjoy the leftovers for the next few days.</p> <p>Another thing to do on Sunday to prep for the week is to wash and chop all the veggies you bought and put them in a zip-top bag. With this combination, you'll have fresh, healthy food to put into meals all week.</p>	 <p>Download Now</p>

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Week 3

WEEK 3

Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 1	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." —Jeffrey Gitomer</i></p> <p>What's your biggest hurdle this week? How will you overcome it?</p> <p>Let's help support each other with ideas!</p>	 <p>Download Now</p>
Day 2	Nutrition Tip	<p>Forget everything you learned about just eating breakfast, lunch, and dinner. 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>Some of my teammates have found E&E Energy and Endurance® Preworkout Formula helps them push harder in their workouts—and with only 20 calories per serving, what do you have to lose? Any E&E lovers out there? (Add Coach repID to end of URL)</p> <p>US Store: http://TeamBeachbody.com/shop/-/shopping/EandETub</p> <p>Canada Store: http://teambeachbody.com/shop/-/shopping/EandETubCA</p>	 <p>Download Now</p>
Day 4	Fitness Tip	<p>You're three weeks in—but for many people, it feels like you're back at Day One. Here are some tips for "How to Think Yourself Fit" and overcome any mental blocks you may have. It will help keep you on track to meeting your goals!</p> <p>http://www.beachbody.com/beachbodyblog/fitness/think-fit</p>	 <p>Download Now</p>

WEEK 3




Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 5	Success Story	<p>When you combine Shakeology with exercise, amazing things happen. So whatever you do, keep drinking it daily! And perhaps your Success Story will rival Diana's.</p> <p>"Shakeology helped me lose the baby weight."</p> <p><i>"I gained over 60 lbs. with my first pregnancy and by the time I had my second I was huge, because I never lost a bit of the weight from either pregnancy. I was always tired, always ashamed, and always miserable. When my doctor told me that I was pre-diabetic, it honestly scared me. So I said 'enough'—started working out and drinking Shakeology. I truly believe Shakeology turned my world around. Within the first couple of weeks, my cravings disappeared, my energy returned, and now I don't even drink coffee because Shakeology gives me all the energy I need for the day. Thanks to Shakeology and INSANITY, I've lost 95 lbs. and I'm no longer considered pre-diabetic!" —Diana D.</i></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! 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 instead. 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	Motivation	<p>"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." —Bruce Lee</p>	 <p>Download Now</p>
Day 2	Nutrition Tip	<p>How should you fuel up for these intense workouts, without the risk of feeling sluggish from having just eaten?</p> <p>Check out this article from Steve Edwards, VP Fitness and Nutrition at Beachbody, "ASK THE EXPERT: WHAT SHOULD I EAT BEFORE MY WORKOUT?"</p> <p>http://www.beachbody.com/beachbodyblog/nutrition/ask-expert-eat-workout</p>	 <p>Download Now</p>
Day 3	Shakeology	<p>By now you may start to realize that you're actually SAVING money on food by drinking Shakeology. Why? Because at around \$4 a meal, Shakeology is much less expensive than fast food and random snacks.</p> <p>I found this testimonial interesting: "The best thing about Shakeology is it saves my family about \$500 a month on our food bill. We have a credit card just for food and it was always around \$1,000 a month. Since we started drinking Shakeology our bill is around \$500. We no longer buy snacks or junk food—we just make a shake. I didn't think at first we would be able to afford it but now we can't live without it." —Brian L., Mesa, AZ</p> <p>Have you noticed yourself spending less?</p>	 <p>Download Now</p>


WEEK 4

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>Shakeology turned Mary from a junk-food junkie into a health-food nut!</p> <p><i>"I had failed at losing weight so many times that I truly believed I could NEVER have the body I wanted. Then I discovered a slew of Beachbody programs and Shakeology and lost 39 pounds! Shakeology was key to my weight loss because it provided my body with the nutrients it needed while taking away my junk-food cravings. In fact, when I 'treated' myself to junk recently, it didn't taste like anything I remembered. My body has changed so much now that it knows the difference between the good and bad stuff—what a wonderful thing. Now I have better digestion, tons more energy, my skin glows, and my hair and nails are stronger than ever. Shakeology is THE most amazing product I've ever used." —Mary S.</i></p> <p>What cravings has Shakeology helped you conquer?</p>	 <p>Download Now</p>

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WEEK 4



Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 6	Check-In	<p>It's the end of your 1st month and time to take your measurements and photos. And remember, numbers on the scale aren't accurate gauges of success. But don't trust your mind to remember the state of your body on Day 30, trust the camera and the pen. Even if you're not exactly where you want to be one month in, don't be discouraged.</p> <p>Everybody's body is different, and you're on your 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>

Week 5

WEEK 5

Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 1	Motivation	<p>Challenge of the day!</p> <p>Complete this and comment below. Before we started this challenge I felt (1)_____. This week I am really proud of myself for _____(2). I promise myself that this weekend I will _____(3). Next week I am going to _____(4).</p>	 <p>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>Download Now</p>
Day 3	Shakeology	<p>Food for thought: If you're drinking Shakeology daily, then every day you're getting powerful superfoods that health fanatics pursue all their lives!</p> <p>Here's a really cool ingredient to learn more about: http://www.shakeology.com/blogs/2014/07/17/bilberries-rescue-superfoods-superpowers/?SHAKEOLOGY_CART_ID=0</p>	 <p>Download Now</p>

WEEK 5

Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 4	Nutrition Tip	Ever tempted to eat a cheat meal? 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!	
Day 5	Success Story	<p>Deirdra used Shakeology to get her nutrition right.</p> <p><i>"After I had my second child, I could not get the weight off. My biggest challenge was eating. Nutrition is 70–80% of weight loss—but I love ice cream—especially at night. Big issue! So when my cousin—who is a Team Beachbody Coach—got me started with Shakeology, I felt a HUGE change in my energy and my digestive system. To me, it's like eating ice cream...except I'm losing weight, gaining energy, and Shakeology has finally taken care of my cravings! I have my shake in the evening to replace the ice cream I would normally eat at night. It works, trust me. I am leaner, I've lost the weight I needed to lose, and I finally have control over my diet. That's a big change and I thank Shakeology." —Deirdra P.</i></p> <p>How has your diet changed since our Challenge Group began?</p>	 <p>Download Now</p>
Day 6	Engagement Question	What area of health and fitness do you need help to improve?	
Day 7	Motivation	<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." —Michael Phelps</i>	




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Week 6

WEEK 6


Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 1	Motivation	<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> — Chalene Johnson	
Day 2	Nutrition Tip	Did you know that Team Beachbody is a great source for healthy and tasty recipes? Here is a recipe for a healthy and delicious grilled pineapple dessert, check it out: http://www.teambeachbody.com/en_US/eat-smart/recipe/-/rcp/297647326/all/5/5? RECIPES WAR cmsbasedportlet_meal=dessert	 Download Now
Day 3	Shakeology	Shakeology isn't just for shakes. Try these delicious Vanilla Energy Balls: http://www.shakeology.com/blogs/2014/09/12/shakeology-treats-vanilla-energy-balls Only 80 calories per serving.	 Download Now
Day 4	Upsell	Have you checked out Results and Recovery Formula® yet? R&R will help provide you with the vital nutrients you need to bounce back from your workout. And the delicious, smooth orange flavor makes it the perfect postworkout reward! Ask me how you can get it. US Store: http://www.teambeachbody.com/shop//shopping/P90XRRFTub Canada Store:	 Download Now

Club Challenge Group Guide






		http://teambeachbody.com/shop//shopping/P90XRRFTubCA (Add Coach repID to the end)	
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WEEK 6


Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 5	Success Story	<p>Who needs some motivation today? Check out Heather's success and reflect on how far you've come.</p> <p><i>"I went from a size 10 jean to a size 6, lost over 13 inches, and almost 7% of my total body fat! I love love love my Shakeology. The biggest thing it does for me is it curbs my sugar and carb cravings. It's like magic." —Heather H., 35, TurboFire® Grad</i></p>	 <p>Download Now</p>
Day 6	Check-In	<p>We're 6 weeks in and what bad habits have you broken? Who needs help breaking a habit?</p> <p>http://www.shakeology.com/blogs/2015/01/22/6-good-ways-break-bad-habits/</p>	
Day 7	Engagement Question	<p>How many push-ups 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>	

Week 7


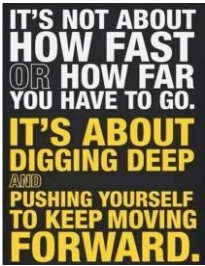
WEEK 7

Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 1	Motivation	<p><i>"To be successful, you must dedicate yourself 100% to your training, diet, and mental approach."</i> —Arnold Schwarzenegger</p>	 <p style="text-align: center;">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.</p> <p>What are your favorite steamed veggies?</p>	 <p style="text-align: center;">Download Now</p>
Day 3	Shakeology	<p>Did you know that Shakeology is clinically proven to help you lose weight and stay healthy when consumed daily? Have you been consistently getting Your Daily Dose of Dense Nutrition®?</p> <p>Learn more about the benefits from the study here:</p> <p>http://www.shakeology.com/blogs/2014/07/03/shakeology-now-clinically-proven/</p>	 <p style="text-align: center;">Download Now</p>

WEEK 7




Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 4	Fitness Tip	<p>Are there small behavioral changes that you could easily make to be healthier? Check out "15 Small Changes to See Big Results."</p> <p>What simple changes can you make to be healthier?</p> <p>http://www.beachbody.com/beachbodyblog/nutrition/make-15-small-changes-see-big-results</p>	 <p>Download Now</p>
Day 5	Nutrition Tip	<p>Have you tried quinoa yet?</p> <p>(pronounced: KEEN-waaaaah)</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 1/4 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 1/4 cup). • Drizzle with dressing: Whisk 2 tablespoons of olive oil with 2 tablespoons of lemon juice. 	

WEEK 7

Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 6	Check-In	<p>The best way to gauge your transformation is by ignoring the scale. Remember, as we build lean muscle, we actually gain weight. So the best way to determine how we're doing is by how our clothes fit, how we look, and how we feel. Not by how much we weigh.</p> <p>Whose clothes are getting too big for them now?</p>	 <p>Download Now</p>
Day 7	Motivation	<p>Don't beat yourself up if you miss 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>Download Now</p>

Week 8

WEEK 8


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." —Charles Buxton</i></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>Knowing how many calories are in your food 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	Shakeology/ Nutrition Tip	<p>Good ol' Shakeology. It's packed with so many powerful and delicious ingredients from around the world that today's ingredient spotlight is on a tiny tropical fruit that packs quite the punch. Say hello to the Acerola Cherry.</p>	 <p>Download Now</p>

Club Challenge Group Guide






Day 4	Fitness Tip	<p>What's your favorite ab exercise? 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>	
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WEEK 8

Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 5	Shakeology	<p>100 doctors don't lie.</p> <p>Really, they don't. Want to know what the experts think about Shakeology? Then watch this amazing video: http://tbbcoa.ch/157idyG</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	<p>What body part is changing the most—and how?</p>	 <p>Download Now</p>

Week 9

WEEK 9


Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 1	Motivation (choose your favorite trainer's quote)	Words of wisdom from one of my favorite Beachbody trainers...	 <p>Download Now</p>  <p>Download Now</p>  <p>Download Now</p>

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Day 2	Upsell	<p>With 20 grams of protein, P90X[®] protein bars really are "protein bars" (not a disguised candy bar like most of the others).</p> <p>Four amazing flavors to choose from: • Rich Chocolate Fudge • Delicious Café Mocha • Creamy Wildberry Yogurt • Scrumptious Chocolate Peanut Butter</p> <p>http://teambeachbody.com/shop/-/shopping/PROTEINBARS</p> <p>Who's addicted to these like I am? And which is your favorite?</p>	
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WEEK 9

Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 3	Shakeology	<p>This recipe is oh-so-simple, yet oh-so-tasty! Try it and let me know what you think.</p> <p>Carl Daikeler Vegan Special: 1 serving Chocolate Vegan Shakeology 1 cup water 1 medium banana 1 Tbsp. all-natural peanut butter</p> <p>For the best taste experience, use a blender and add ice. The more ice, the thicker it gets. Enjoy!</p> <p>Calories: 370</p>	 <p>Download Now</p>

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Day 4	Success Story	<p>Shakeology gave Todd the energy to get things done and power through his workouts.</p> <p><i>"I weighed 215 lbs. when I started drinking Shakeology once a day, and I just loved it. Even before I started hitting the play button on my workout program, I noticed that as long as I had a shake a day, I was losing about a pound and a half a week. Then I started with INSANITY, and I lost another 12 pounds in 60 days. I can actually see my abs for the first time since sophomore year of college! I rely on Shakeology every day to keep me on track with my workouts. In fact, it helps me do my job by helping me think more clearly all throughout the day. And my doctor loves that I have gone from two pots of coffee a day to drinking 'half caf.' I am a Shakeology fan for life!" —Todd O.</i></p> <p>Anyone feel more energy with Shakeology?</p>	 <p>Download Now</p>
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WEEK 9

Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 5	Coach Lead Generation (optional post 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.</p> <p>If you purchased a Challenge Pack, you can enroll as a Coach for FREE, get discounts on Beachbody products including Shakeology, and have the satisfaction and financial reward of helping other people get healthy and fit.</p> <p>Reach out if you're interested and I can give you more information.</p>	

Club Challenge Group Guide




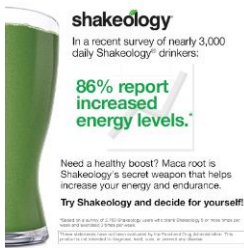

Day 6	Check-In	<p>Who's willing to share their experiences and successes so far? This is a great chance to reflect on how far you've come, as well as to better understand what you need to do in order to reach your goals by the end of the program.</p>	<p>Download Now</p>
Day 7	Engagement Question	<p>Believe in yourself. My #1 tip is not an exercise or nutrition tip. It's simply to believe in yourself and your ability to overcome whatever physical, mental, and emotional challenges you face. If you believe in yourself first, the rest will follow.</p>	<p>Download Now</p>

Week 10

			WEEK 10
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>	

Club Challenge Group Guide





Day 2	Nutrition Tip	<p>Fruit is fast food!</p> <p>What's your favorite healthy fast food?</p>	 <p>Download Now</p>
Day 3	Shakeology	<p>If you've been keeping up with your daily Shakeology routine, you should be experiencing positive changes.</p> <p>Do you feel more energized?</p>	 <p>Download Now</p>
Day 4	Fitness Tip	<p>Want to push yourself even more? Try using more resistance bands (http://teambeachbody.com/shop/-/shopping/BLINEBandKits) in your workouts.</p> <p>Has anyone been using these in their workouts already?</p>	 <p>Download Now</p>

WEEK 10

Day of Week	Topic	Facebook Post (Copy and Paste)	Images
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Club Challenge Group Guide



Day 5	Success Story	<p>Shakeology and INSANITY® improved Amy's health and self-esteem!</p> <p><i>"After two babies, I didn't have the super athlete body I used to have. That was made clear when my husband and I went on a cruise. Everybody was super-fit and my excuse was...well, the babies. Enough was enough. I wanted my body back. So I started INSANITY because I love doing high-intensity cardio. And I fueled my workouts with Shakeology. I felt so energized. There were even mornings when I forgot to drink my cup of coffee. But that didn't matter. Shakeology made me feel fuller for longer and cut my cravings for sugary carbohydrates. The result? I lost weight and inches. My immune system has improved. And I don't think I could have done it without Shakeology!" —Amy H.</i></p>	 <p>Download Now</p>
Day 6	Check-In	<p>What are you doing differently now that you've transformed your body? 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>



Week 11



Day of	Topic	Facebook Post (Copy and Paste)	Images
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Club Challenge Group Guide




Week			
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." —Kevin Ngo</i></p>	
Day 2	Nutrition Tip	<p>Has anyone kicked a bad nutrition habit during this challenge? Or introduced a new good one? Tell me about it!</p>	 <p style="text-align: center;">Download Now</p>
Day 3	Shakeology	<p>As we're approaching the end of your Challenge, have you thought about which flavor of Shakeology you're going to try next? There are so many flavor combos, there's no need to stick to only one! To switch out your current flavor or order a combo box, simply go to TeamBeachbody.com under "My Account," and then from the left-side menu options, select "Customize Shakeology Home Direct."</p>	 <p style="text-align: center;">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: http://www.teambeachbody.com/about/newsletters/-/nli/286#280868250</p>	

WEEK 11

Club Challenge Group Guide





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 here, or eat the crust off your kid's sandwich there. 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>	 <p>Download Now</p>
Day 6	Upsell	<p>Now that you're taking ultimate care of your body, wouldn't it be great if you could "reset" your body and start over with a clean slate? Well, now you can—with Beachbody's Ultimate Reset®. Something to think about if you want to take your health to the next level after this Challenge!</p> <p>This 21-day "reset" doesn't punish or deprive your body—instead it feeds your body with all the nutrients you've been craving. And in just three short weeks, you'll have more energy and focus, better digestion, and your body should function much more efficiently.</p> <p>Check it out: http://teambeachbody.com/shop/-/shopping/URComplete</p> <p>Has anyone done the Reset before? If so, what did you think?</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>	

Week 12

WEEK 12

Club Challenge Group Guide




Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 1	Success Story	In our final week, I thought I'd start off with my own Success Story. [Insert YOUR Success Story and your "Why" story for becoming a Coach.]	
Day 2	Nutrition Tip	Stick with eating plans you can maintain indefinitely. No matter how hard you're working out, if your nutrition falls off, the amazing results you've achieved will go by the wayside. And don't forget to do the 3-Day Refresh® as often as once a month to help you keep your eating habits in check, drop a few pounds quickly in advance of a big event, or to get back on track if your nutrition has fallen off! http://www.3dayrefresh.com/	
Day 3	Shakeology	Got some leftover Shakeology? Use it to make a tasty treat. Indulge with these; they're so good, you would never know they're healthy! "Like" this post if you plan on trying one of these yummy treats. http://www.pinterest.com/shakeology/shakeology-treats/	 <p style="text-align: center;">Download Now</p>
Day 4	Fitness Engagement Question	What lifestyle changes, whether it's fitness or nutrition, are you going to keep going forward? Which new ones do you want to incorporate?	
Day 5	Coach Lead Generation	By now, I bet a lot of people are commenting on your new look. And it feels pretty good, doesn't it?! If you've ever thought about "paying it forward" and helping out those whose shoes you once walked in, perhaps you should become a Team Beachbody Coach. Anyone out there inspired to become a Coach just yet? Send any questions my way.	 <p style="text-align: center;">Download Now</p>

WEEK 12

Club Challenge Group Guide



Day of Week	Topic	Facebook Post (Copy and Paste)	Images
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! 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 all your results to the Beachbody Challenge at http://www.BeachbodyChallengeContest.com/ so you can get your program's FREE gift and a chance to win cash and prizes!</p> <p>Does anyone have results or photos they want to share? Post them now!</p>	 <p>Download Now</p>