Hannah and Ashley 21 Day Challenge TEMPLATE

Files to include:

Shakeology Recipes – Post your favorites
How to Modify your Shakeology Order
10 Commitments
KEEPING UP WITH YOUR POINTS – document to be edited daily as you add up everyone's points for the day

When you create the group:

Welcome!! We're just getting everything set up & will begin officially
_____! Make sure to check back a few days before for instructions and other fun stuff!!

Add 21 Day Task Cover Photo and PINNED post photo – See most recent group for examples. We usually change up the daily posts each month but we keep some the same

POSTS

Keep in mind that the daily tasks will change, so the ones that we've included in this document are the ones that you should probably keep the same. Also make sure you are posting EVERY night to remind people to check in and rate their workout and nutrition on a scale of 1-10

5 days before

INTRODUCE YOURSELF & HAVE EVERYONE INTRODUCE THEMSELVES

Ashley's post: Happy start of our pre-challenge week, everyone!! I'm Ashley and my lovely co-host & fellow coach Hannah O'Connor & I are SUPER excited to kick start this group with all you lovely challengers. But FIRST.. I'd like everyone to get to KNOW each other. You know your coach who brought you to this group, but let's get to know EVERYONE. We're here to support one another for the next 21 days (starting officially next Monday-- but this is our preseason!) so it will be fun to know people on a more person level. Friend request each other, private message one another, WHATEVER. Let's make this the most SUPPORTIVE environment ever!

As a FUN way to introduce ourselves, let's share a pic of our family, fur babies, regular babies, plant babies... WHATEVER! Introduce yourself and your family and share with us what Beachbody program you're committing to (I know the majority of us are the 21 Day Fix) & which Shakeology flavor you're drinking!

So my family is posted below: here's my husband Brian and our crazy cat Lui. I'll be finishing up my first round of the 21 Day Fix EXTREME and moving right into a second round.. and will be enjoying vegan chocolate Shakeology $smile\ emotion$

Let's see your family!

Hannah's Post: Hello everyone!! Thank you SO much for introducing yourselves - if you haven't yet, jump on in!

I hope you're as excited as Ashley and I to get this group started I can't wait to work with all of you and help you get that much closer to your goals!! The last group we did helped me to get back on track & get really awesome results, so I hope that you'll have the same experience in this group!

You may know me already, or Ashley, but lets all!!! get to know each other now! Throughout this group you have the opportunity to SUPPORT each other and not only reach your goals, but help everyone around you reach their goals as well!

So make some new friends! And like Ashley said, please introduce us to your life, your significant others, your kids, your fur babies, your hobbies, & whatever else you'd like to share with us - if you haven't already! Don't forget to tell us what program you're doing and what flavor Shakeology you chose!

So - about me:

My name is Hannah O'Connor and I am a part-time RN (recently "retired" haha) & full time coach living in Sylvania, OH! I'm also assistant to Jenelle Summers who you may know from the Piyo, Turbofire or Chalean Extreme videos. I love my jobs! My fiancé and I will be getting married in June and its sneaking up FAST so i love using these groups to stay on track. We also have a fluffy furbaby cat named Gizmo She's absolutely adorable - and you'll probably see her in some of my videos because she thinks the camera loves her.

For this 21 day challenge I will be doing
My Shakeology flavor of choice is Tropical Vegan Strawberry - but I drink chocolate every
once in a while, too!

4 Days Before: (with Q&A picture)

So-- what QUESTIONS do you have?!?

That's what this whole 'preseason' week is about -- questions & answers!

Use today to ask ANY questions you may think of about your program, your meal plan, how this challenge will work, etc.

We will begin with our photo-a-day challenge on Monday, and that's how you earn points.

✓ measurements & before photos are due to your coach by SUNDAY, and then JUST measurements are due every Friday during the 21 days

✓ every Sunday we'll post a 'challenger leaderboard' to show who is in the lead

✓ most importantly: workout daily, eat your healthy foods, support one another & have fun!!

3 days before

We loved seeing all your beautiful faces and families yesterday!

TODAY: In order to make this group a success, I NEED your help! Please read the 10 commitments list and then comment below if you are committed!

You'll need to send myself or <u>Hannah O'Connor</u> (whoever your coach is) a front photo, side photo, and back photo of yourself in a bathing suit or tighter fitting clothing along with your starting weight & measurements. You can send them to us via private message-- by Sunday! Trust me, I KNOW taking "Goodbye Pics" can be...rough...but trust me...you'll thank yourself when you can look back and see how far you've come!

We will be weight/measurements check in once a week on FRIDAYS right when you wake up- starting NEXT Friday (on an empty stomach, after you've gone to the bathroom etc). The photos are so important. We base your progress on how your body looks, not how much you weigh!

Make the commitment to check in every day —even if it's a quickie post to confirm that you have completed your workout- accountability is KEY in your success and the success of this support group!

You can contact myself or Hannah whenever you need throughout the week if you have any questions - text, call, FaceTime. Some of my challengers text me daily, and some only check in with me once a week. It really depends on how involved you want us to be, but I find that the stronger relationship a challenger makes with their coach and the group, the MORE dedicated and accountable they feel, and the better results they see.

Every week I'll change up my personal meal plan and post it. You can follow my meal plan and modify it according to your weight bracket if you'd like! I post it mostly for YOU to hold ME accountable smile emoticon BUT it is so

important that you don't cheat or miss workouts, and if you do (I'm not being unrealistic, it happens to all of us!), then you need to tell us.

POST BELOW if you are "ALL IN"!

2 Days Before (Share sample meal plan):

Good morning team!!! Here is how to measure yourself and these are the measurements we would like from you.. Please post below if there are any questions:

https://youtu.be/R9IVOjk_oYU

1 day before

Hey team! Here's a sample, 21 Day Fix-approved meal plan. The letters coincide with the colored containers. Feel free to use this plan in any capacity - but make sure you're eating *enough* for your height & weight!

1 Day Before:

I am SO excited to get started with you all tomorrow!! Make sure to send in your measurements and if you like lists (like me) - take some time to plan out meals, game plan, schedule workouts etc

It's really easy to let things slide, but that's not what these 21 days are for so let's do this!

I'm taking a seriously lazy day off (first time in a lonning time) so I will see you all bright and early tomorrow!!

DAY 1 - Monday

HEY!! Happy Monday and welcome to Day 1!! Ashley and I are SO excited to have you all in the group! If you haven't experienced these groups yet, you are in for a big treat

For today, please post your before (or *goodbye*) photos in the group! HERE WE GO!!!

I know most of you are *really* nervous about posting your 'goodbye' photos today BUT here's some things to think about:

- this group is secret. NO ONE outside the group will see what is posted.
- this group is supportive...no one will make you feel embarrassed or self conscious
- this is all about stepping outside our comfort zones.. Even if you have NO

intention of posting your pics today.. Everyone else's bravery may change your mind!!

Now, post your goodbye pics..make your shake.. Do your workout (in whatever order) & let's start this challenge STRONG!

Day 1 Post 2

What a great day everyone!! Thank you SO much for posting your before photos (you still have time to get the points if you post them today!) and for supporting each other! I LOVE these groups and the success that they create! I cant wait to see how far all of you go!

When your kitchen is closed for the night, please post below and rate your workout on a scale of 1-10 and your nutrition on a scale of 1-10!

DAY 2 - Tuesday

Thank you all SO much for stepping out of your comfort zones and posting your "goodbye" pics yesterday! They truly are "GOODBYE" pictures if you stay with this program and with this group..that's why participation is so key!

TODAY- you get 10 points for sharing a VIDEO about WHY you joined this group.. dig a little deeper in this video..truly share what that pull is inside you that wants a healthier life. I can't wait to hear & will be sharing my video later today. LETS DO THIS! DAY 2!

DAY 3 – Extra Post - Wednesday

As you're filming your WHY videos and sippin' on your Shakeology-- think about how GOOD THIS STUFF IS!

So Why Shakeology?? Check out the ingredient spotlight of the week: maca root powder

Maca root is a superfood ingredient found in your Shakeology & is AWESOME. Why?

- ✓balances & regulates hormones
- ✓ can help fight fatigue
- ✓assists adrenal & pituitary glands
- ✓ boosts immune system

Did you have your superfoods today?!



DAY 4 - Thursday

<u>DAY 5 – Extra post - Friday</u>

Friday – remind them to send their measurements

<u>DAY 6 – Saturday – or whichever day you decide is shakeology day</u> Happy morning friends!!!

Today is all about our delicious, nutritious- Shakeology. Your challenge is to share a pic & recipe of your shake today.

As you're doing that, think about how GOOD this stuff is. Seriously, it's not another protein shake - it's a DAILY dose of DENSE nutrition!

Today's ingredient highlight is bilberry -- an antioxidant that fights free-radical damage.

Let's see those recipes!

DAY 7 - Sunday

<u>DAY 8 – Monday - Extra Post</u> – create a picture on canva.com with point updates for the leaders

Congrats to our current Challenger Leaders! All these ladies are TIED with 30 participation points but it's still anyone's game!

make sure to participate in the daily challenge EVERY day for points! Keep working hard!

DAY 9 – Tuesday

DAY 10 – Wednesday

DAY 11 - Thursday

DAY 12 – Friday

Remind them to send measurements!!

DAY 13 – Saturday

<u>DAY 14 – Sunday – Extra Post (pic of challenge point leaders)</u>

All you ladies are AH-maz-ing!

Here's how the challenger leaderboard stands as we head into our FINAL week! That's so sad..

Let's finish STRONG. Keep up with the daily challenges, do your workout, drink your shake, & rate your day. You've got this!

DAY 15 – Monday

DAY 16 - Tuesday

DAY 17 – Wednesday

DAY 18 – Thursday – Extra Post

While you're _____ today I want to PAUSE and explain the qualifications to continue with us to our next challenge group in a few weeks--

You can switch up your workouts or stick with what you have, but you'd need to keep committing to Shakeology. Your coach has or will reminded you about your monthly shipments - so to continue to the next group all you have to do is NOT cancel your automatic 2nd order ©

Why do we ask that? Because we as coaches believe in the value of this superfood shake. We drink it ourselves everyday- and it's packed with over 70 superfoods and 7 full servings of vegetables, and is hands-down the

healthiest meal of my day.

Health is 70% nutrition & 30% exercise -- you *cant* exercise out a bad diet, which is why we don't want you to give up something this healthy.

Anyway - simply keep your order and you have access to our next group beginning _____. If you've already canceled it- talk to your coach and they can go over options.

Shakeology is \$4 and change a day. I can't afford NOT to drink it - because that \$4 would quickly go to less healthy and less filling foods if this wasn't in my diet.

You ladies are awesome!!! I hope we ALL stay together

DAY 19 – Friday – Extra Post BONUS tie breaker

Decide on a tie breaker for the point leaders of the challenge – get creative ©

<u>DAY 20 – Saturday – Extra Post</u>

Reminder to take your final measurements

DAY 21 – Sunday – Extra Post

Can you believe we have MADE IT to day 21?!?

We are so incredibly proud of all of you for sticking with us. Life shifts aren't easy (if it were, everyone would eat clean 100% of the time and have 6 pack abs, right?!) but we are here to show that fitness and health can be a priority in your life without ruling it.

We want you to be comfortable & happy with your body, whatever that looks like for YOU. Because I strongly believe when YOU feel better, you can care for others better, and you have more focus in each area of your life.

ANYWAY - your FINAL task is to share your after photos in the group! If you are committing to another month of Shakeology, you have a spot in the next 21 day challenge group your coach leads (in 2 weeks). We will be announcing the participation winner tonight or tomorrow, and then this group will be closed.

IF you are not continuing to the next challenge & I am your coach, you'll be placed in my *general* wellness Facebook group, so we can still stay in touch.

Thank you all so much-- I hope we can ALL work together again soon!

<u>Day 21 – Sunday – Extra Post #2</u>

Also-- who is earning their FREE T-SHIRT?!

You know when you complete a Beachbody program, like the 21 Day Fix, you can enter the Beachbody Challenge: a chance to win \$500 or more. But EVERYone who enters get a FREE t shirt shipped to them! Pretty cool, huh?

Go to https://www.teambeachbody.com/beachbody-challenge

and click "learn more". Then click "enter my results now."

I'd set aside 15-20 minutes to answer the questions and upload your photos-but once you enter you'll receive your free T-shirt -- like I did!

I hope ALL of you do this-- it's a little award for working so hard!

Day 22 – Monday
WELL It has been a pleasure being your coach through these last 21 days,
and I know feels the same. This group will be closed out by tonight
and YOUR coach will be contacting you about what comes next.
Without further ado, can we get a big CONGRATS to for winning our participation challenge as a first-time participant?! Great job! Please send me your address and I will get your prize out to you this
week!
Thank you all again!!

IDEAS FOR POSTS:



Day 1: Take your before pics & post in the group

Day 2: Shoot & share a video about WHY you chose to join this group (10 pts)

Day 3: Tell us about someone who supports you (4 pts)

Day 4: Share a pic of your breakfast (2pts)

Day 5: Share on your profile page how excited

You are about this group & what workout you're doing. Don't forget to tag your coach! (6 pts)

Day 6: Share a pic of your fave workout gear (2 pts)

Day 7: Whats on your workout playlist? (2pts)

Day 8: Post a selfie & tell us 3 things you love about yourself (5 pts)

Day 9: Post a pic of your shakeology & share the recipe! (2pts)

Day 10: Take a pic doing your LEAST favorite workout move (3pts)

Day 11: Take a pic doing your MOST favorite workout move (2 pts)

Day 12: Share a motivational quote on your profile page & tag us (5 pts)

Day 13: Post pics drinking your water throughout the day (3 pts)

Day 14: Pic of your dream vacation (2 pts)

Day 15: On your FB page, share your experience in the group so far & tag 3 friends who would benefit from a group like this (7 pts)

Day 16: Share a go-to snack recipe with the group (2 pts)

Day 17: PLANK! Post a favortie plank pic and tell us how long you did it for (3 pts)

Day 18: What are you MOST proud of from this group? (3 pts)

Day 19: Post an afer-workout selfie to your profile page and tag your coach! (5 pts)

Day 20: Share your fave recipe from the program you're doing (2 pts)

Day 21: CELEBRATE! Take and post your AFTER pics in the group! (4 pts)

fitmadness!

SEE GROUP "PINNED" POST FOR THOROUGH EXPLANATIONS & POINT VALUE OF EACH DAY'S TASK

DAY 2: VIDEO OF WHY YOU

DAY 10: LEAST FAVORITE MOVE DAY 16: GO-TO SNACK