Challenge Group System

Put each challenger's name on a WHITE BOARD with the DATE that they ordered as a customer and at day 21, I tag them in FILES in the challenge group telling them about the continuing with Shakeology so there are not any angry messages saying "I didn't know about auto ship."

File #1: The Beachbody Challenge

Be sure you are taking measurements and PICTURES even if you just keep them for yourself OR save them for this......

Did you know that you can enter the BEACHBODY CHALLENGE?

You can earn a chance to be entered into the \$500 daily prize they give away for people using their programs and seeing results.

At the end of your 21 days you EARN a free t-shirt just for completing the program.

AND you could be entered into a challenge to win GRAND PRIZE of \$100k!!

You can enter as many times as you want. Log into your teambeachbody.com account and click Beachbody Challenge, Take the Challenge!

It is never too late, so if you have been doing this for a while, enter NOW!

File #2: Beachbody On Demand (BOD)

With your challenge pack order, you received a FREE 30 day trial of Beachbody On Demand. You should have received an email to OPT-IN. When you receive this email, log into your <u>teambeachbody.com</u> account and there will be a menu on the left called BEACHBODY ON DEMAND.

AFTER the 30 days, you will be charged \$40 PER QUARTER and here is why you should keep that:

1. You have access to your PURCHASED program (21 Day Fix) to stream live and no worries about the discs getting lost/scratched/dust on them;

2. You get access to \$3k worth of other Beachbody programs like all the P90X's / Insanity / Brazil Butt Lift and more;

 You get access to SNEAK PEEKS of brand new programs to try out before they come out (currently Hammer and Chisel is on there for you to try before the December release);
Q&A live with the Beachbody trainers like Autumn, Shaun T, Tony, Chalene and more.....;

5. **PLUS when your Shakeology renews, you will only pay \$117 which is 10% off instead of \$130**

It is WELL worth \$40/quarter!

File #3: Continuing with Shakeology

I told you all I would check-in on you because you were nervous about the auto ship. Now that you have been consistently drinking Shakeology for at least 2+ weeks, we will need to make a decision in the next week or two if/how you want to continue.

My suggestion is to KEEP DRINKING Shakeology. We will keep doing rounds of the 21 Day Fix together. I have been drinking this shake for 5 years and when I skip a day, oh boy, I feel drained. Plus I haven't been sick in sooo long and if I am, I am only out for like 24 hours!

I suggest you keep the Beachbody On Demand for \$40/quarter because that will give you streaming to ALL the fitness programs and they will keep adding more and that will also give you Shakeology for 10% off which will be \$117/month instead of \$130 which breaks down to \$3.89/day for a meal!

2nd option is to sign up as a Coach and get the shakes for even cheaper at \$113/month and you can start sharing with family/friends and earn money towards the cost!

OR 3rd option is to cancel your Shakeology. (Boooo! Lol) It is up to YOU to send an email to customerservice@teambeachbody.com to cancel.

Message me to help with your options.

File #4: Sample Menu

A few things to help you get ready, I am sure we have some planners in here. :-)

 With the challenge pack, you get 30 days for free of Beachbody On Demand, which means you will get an email about it and you should OPT IN. Then when you log into your <u>teambeachbody.com</u> account there will be a Beachbody On Demand menu and under purchased programs your 21 Day Fix is there so you can start dabbling in the workouts before you package arrives. WOOOO!! And if anyone else in your house would like to do any other Beachbody programs, like P90X,Insanity and more....they are there too!

2. The nutrition guide will come with a list of ideas of what you should eat and what counts for what container. Then you can plan your week accordingly.

Here is how I plan my week:

BREAKFAST and MORNING SNACK and LUNCH is always the same for me...keeps it nice and easy:

2 eggs = 1 red Turkey bacon = 1 red 1/2 English muffin = 1 yellow

2 purples, which is fruit is my snack

Lunch is Shakeology (1 red) with ice, water & peanut butter = 1 tsp

Afternoon snack (veggies and hummus) = 1-2 greens & 1 blue or a small salad = 1-2 greens & 1 orange for dressing.

Dinner is typically 1 more red (chicken/fish) and greens/yellows veggies/sweet potato/brown rice/quinoa

The book has GREAT recipes or you could even grab for the Fixate Cookbook for only \$20 for later rounds to give you more ideas, but what you have is great for now!