

5 Day Clean Eating Group

Instructions/Recipe guide (included) can either be printed and mailed, or emailed (suggested) and then posted in the Files section of your Facebook group page. I suggest you set your group to Secret so others can't see it. People like the privacy of that. Once the page is ready to go, post your "get ready" post and then invite the participants. I recommend doing this as soon as your group page is ready so that it's easy to add people in as they commit. Make sure they have the recipes a few days before you start so they can shop. If you like, use the recipes as a guide and make a shopping list for your participants for each recipe. People seem to like shopping lists.

Make sure all participating coaches are set up as Admins (you can click the gear under a person's name in MEMBERS to make them an admin.) That way everyone can post.

I suggest you think about a small prize and split the cost (or have the winner's coach provide the prize). It could be a gift card, t-shirt, Shakeology sample/cup, fitness gear, a little cookbook—anything that you think fits with the theme of being healthy. It should be \$15 or under. Award it for either most participation or best results...or come up with your own reason to award it. This gets people excited to participate. You don't HAVE to do it, but it gets energy going.

COPY AND PASTE THESE, or just use as a guide for each day you post and tweak what they say to fit your style or what's going on in the group. Note that some have blanks and things you must fill in or change. Post with a graphic of your choice, then if you want to spice up the group, you can throw in an additional inspirational or informational graphic partway through the day. I suggest posting the daily instructions the night before or early in the morning. I use postcron.com to schedule posts but you can just do it real-time if you want.

*****POST EXAMPLES*****

When you open the group to participants:

Welcome to our 5-Day Clean Eating Challenge! This group is hosted by _____ and _____. We will begin on _____ and end on _____. You are committing to eat fresh, whole foods and avoid things like processed foods, soda, caffeine, alcohol and added sugar. Use this week to cook the recipes provided in your guide (emailed to you and also in the Files tab of this page) and try new things. Drink half your body weight in ounces of water every day. Move your body for a total of 30 minutes a day (you can break this up into chunks of time if you need to), and see me if you need ideas on what to do for exercise. Get plenty of sleep!

As a special incentive to stick with the program, get great results and participate daily, I/we am awarding a PRIZE of _____ for the person who _____. So do your best and be the lucky winner!

Please introduce yourself in the comments below. Tell us 3 things you think it's important to know about you—and on a scale of 1-10, how healthily do you feel you and your family are able to eat right now? If you are having trouble, what is tripping you up?

2-3 Days Before:

It's time to choose the meals you plan to prepare from your guide and do your shopping. Be sure to clear out foods or drinks that trip you up and make it hard to stick to your plan. Don't leave temptations lying around! Never rely upon willpower—those who regularly eat clean simply don't keep the foods they want to avoid in the house. They DON'T have more willpower than the average person, they just plan ahead.

1 Day Before:

We start tomorrow! Your fridge should be full of fresh, nutritious foods. Please measure your waist, tummy at the fullest part, hips, thighs and upper arms and note the measurements. Also weigh yourself. You'll be glad you have this to compare to in five days. Click like on this post when you are done, and tell me—what have you chosen for tomorrow's breakfast?

Day 1: (Day of the week, Date)

It's day one of our challenge! By now you have completed your shopping and recorded your stats. Have fun trying new meals, and in your post below please tell us 1) what your meals/snacks were 2) How much water you drank 3) what was your exercise? Don't forget, a prize is waiting for the person who _____.

Day 2: (Day of the week, Date)

It's day two of our challenge! I'm so glad we are all here eating clean together. What was your favorite meal from yesterday? How do you feel this morning? Please report 1) what your meals/snacks were 2) How much water you drank 3) what was your exercise?

Day 3: (Day of the week, Date)

Now we are into the swing of things! How are you doing with getting all of your water in? TIP: Drink a big glass with a squeeze of lemon first thing when you wake up. It's a great way to get your body going first thing.

Please report 1) what your meals/snacks were 2) How much water you drank 3) what was your exercise?

Day 4: (Day of the week, Date)

How is your exercise going? What is your favorite way to move your body? Do you find it harder to eat healthily or exercise? Many people find that keeping a healthy diet in place is more of a challenge than getting their exercise in. BOTH are vital to living energized and strong. See me for fun ideas for home workouts that suit your personality and lifestyle. I love matching people with the right workout and nutrition!

Please report 1) what your meals/snacks were 2) How much water you drank 3) what was your exercise?

Day 5: (Day of the week, Date)

Wow, this week went fast, and today is the last day of our challenge. I'm so proud of the commitment you made and stuck to. What was your experience like this week? Did you find yourself clearer? More energized, happier? One easy way to keep improving your health going forward is to drink Shakeology for one meal a day. It helps you lose weight, fill in the cracks of a less-than-perfect diet, and it nourishes every cell in your body to energize you and regulate your digestion. Ask me for a sample.

Please report 1) what your meals/snacks were 2) How much water you drank 3) what was your exercise? Tomorrow we will weigh and measure. You did it!

RESULTS/THOUGHTS/WRAP-UP/PRIZE AWARD!

Congratulations on completing a week of very healthy habits with all of us. I hope you learned something new, had fun meeting the other group members, felt supported, and most of all—I hope you are feeling alive and excited about taking care of yourself! We all need a little support sometimes to reconnect with or begin healthy habits. I'm so glad you did this for yourself.

Please report pounds lost/inches lost, if any, below. Remember, it's only been 5 days, but some people will find that the habits from this week already resulted in positive, visible results. How are you feeling?

Please report right away—as we plan to award the prize tomorrow!

PRIZE!

The winner of our prize is _____ because he/she _____.
Congratulations! You all inspired us during this challenge, and _____ just took it over the top. You'll be receiving your prize in the mail shortly.

We are thrilled at your results! (Mention everyone by name, and say something positive about each) Thank you for participating in our 5-Day Clean Eating Challenge. Please ask me about my upcoming 30 Day Challenge—take your results to the next level!

*****END POSTS*****

So post a graphic with each. Use something related to the post for that day. Throw in stuff about exercise or clean eating, hydration, healthy fats, what veggies are good for what health issue, why sleep is important. Pinterest is a great source of graphics, and feel free to steal stuff from my page there (Laughing Fit) Or you can use the "assets" in the daily coach guides for particular BB programs in your online office.

Let me know if you have questions or need help implementing your group! Most of all, have fun with your group and FOLLOW UP RIGHT AFTER. The goal is that they love your inspiration and support and want to move right into your next group, so be preparing your challenge group—free or purchased required. Or mixed. I suggest starting it 10 days after this one ends so they have time to buy a program or Shakeology and get started. Message participants privately and ask them how they enjoyed it, and invite them personally to your next group right after this one ends.