

21 Day Fix EXTREME® Challenge Group

Participant Starter Guide



Introduction to 21 Day Fix EXTREME®



A message from Autumn Calabrese

Welcome to 21 Day Fix EXTREME! I'm so excited that you're committing to your health and fitness for the next 3 weeks. I guarantee that if you follow the simple 21 Day Fix EXTREME Eating Plan and work out with me every day, you're going to see amazing results! Plus, if you're a Team Beachbody Club member, you'll be able to stream your 21 Day Fix EXTREME workouts with Beachbody On Demand anytime you're on-the-go.

There's one thing I always tell my training clients: "Don't wish for it. Work for it!" It may not be easy, but you get better each and every time you make a healthy food choice or push through a tough workout. So stick with it, and remember that your Challenge Group and I will be cheering you on the whole way. Are you ready?

What is the commitment for a 21 Day Fix EXTREME Challenge Group?

- Workouts are 30 minutes per day (7 days a week).
- Take photos and measurements on Days 1 and 21.
- Follow the Eating Plan and use your containers.
- Follow the 21 Day Fix EXTREME workout calendar.
- Commit to 21 days.
- Use Beachbody On Demand anytime I need to work out on-the-go!
- Drink Shakeology® daily.
- Track your workouts and Shakeology intake and interact with your Coach and group through the My Challenge Tracker App or through a private Facebook® group – whichever platform your Coach designates.
- Equipment needs: Resistance bands and dumbbells