

## **30 Day Coaches Texts**

*(\*Recommend to save all verbiage in Wordboard App or your Notes)*

### **Ask for a Buddy to Join**

HOW MUCH MORE FUN WILL THIS BE DOING IT WITH YOUR VERY OWN TRIBE to challenge each other, keep each other accountable and share recipes!

I can send you a copy and paste text you can send to 10-15 people to see if anyone is ready to join this round.

If they are they get the same deal you did. Plus anyone who joins I will hook you up with a gift! Just send me their info and I'll get them ready to rock with you.

Family or coworker groups are my fave! people really get into the "healthy competition".

### **Buddy Invite**

Hey there... I'm so excited I said "YES" to detoxing next week and I am looking for someone to do it with me!!!! Totally random but I am really pumped to get back into my jeans that don't fit me anymore and get rid of this muffin top!! Lol I know if I have someone to do it with me it will be much more fun... YOU IN? ☺

### **Send day before Start**

Excited for the 30 day that starts tomorrow!

Please send me the following no later than 9pm tomorrow

1-A video of you getting on the scale showing zero and then showing your weight

2- pictures of your whole body from front view and side view wearing form fitting clothing

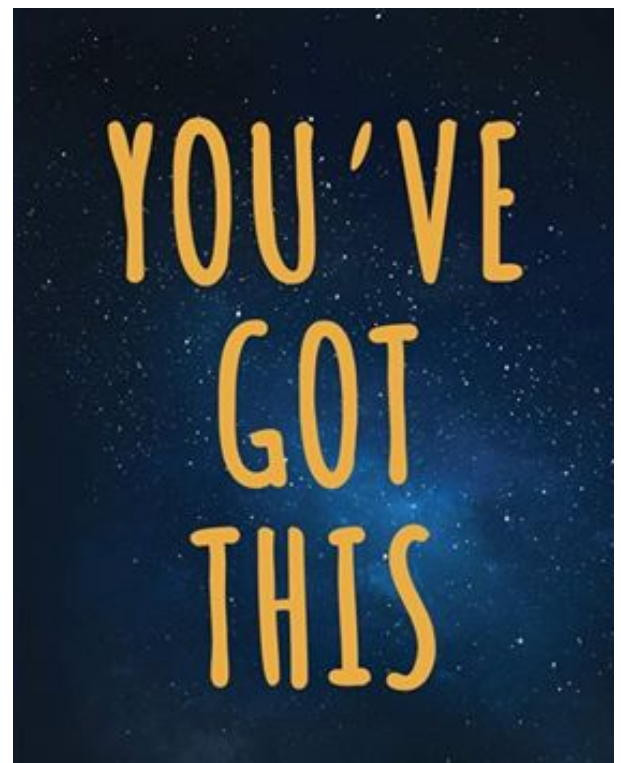
3- measurement of your waist from belly button to belly button and also 2 inches below the belly button

Do you have any questions about the plan? Let's do this!! Thank You!

### **DAY #1**

HAPPY DAY #1! Just wanted to go through a quick checklist (especially for those still waiting on products).

- Be sure to take before pics & measurements... these are important because this program is NOT a fad diet based on LBS ONLY. You will notice change in many areas... not just weight. Possibly even write down how you are feeling (bloating, joint pain, sleep quality, etc.)
- Join us on Facebook &/or Voxer if you need help getting into these groups please let me know... community is vital to your success!
- Reach out to me if you need help w/ routine, if you're hungry, &/or need suggestions for shakes/snacks.
- FOLLOW YOUR AVOID LIST!! If you don't have that saved on your phone... do so ASAP!!
- Lastly, WATER is your NEW BFF!!! Drink Drink Drink!! (1/2 your body weight in ounces a day!) I'd love to see fun pics of you staying hydrated thru out your day... feel free to tag me on social media for extra credit!



### DAY#3

Feeling like you've been hit by the "sugar flu"? tummy rumbling? Headache? Not everyone will experience this lovely intro to clean eating but if you are anything like me and attempted to live on sugar prior to my journey you may be noticing these symptoms & I am here to tell you that it's normal...and it is just the "YUCKY stuffs" way of not wanting to leave us! ☺ If you are amongst the lucky ones ... please reach out, DON'T TURN BACK!! Once we push through the "detox" you'll see how the body is supposed to feel when we fuel it! ☺

### DAY #5

Happy Friday!!! Let's check in? How are you doing?  
Let's celebrate some WINS for the week? ☺

Sooo... It's the first weekend on the journey to a HEALTHIER YOU!! This is when self-discipline comes in. So I want to encourage you by talking about preparation!!

What does your calendar look like this weekend?  
Going to be out of the house more? kids functions?  
social gatherings? PLEASE use me to help you prepare! We will make poor decisions if we are HUNGRY & UNPREPARED... so let's work together & plan ahead!! Remember you've got this... & YOU ARE WORTH IT! ☺



### DAY #7

Way to go! 1 week down! How are you feeling? Be sure to weigh in tomorrow morning. If you'd like to share... I'd love to hear some week #1 results!!

Since you've done so great this first week why not update your Facebook or Instagram friends on this journey u started! I'm sure they'll be happy for u too and maybe some will even want to join the next round!! Tag me and I can celebrate you too!

I will even gift u an Arbonne water bottle that comes in handy for the 7day cleanse

Reminder: we won't start that until NEXT week... more to come on that later in the FB page.



### DAY #10

You've now spent a week eliminating toxins and addressing what you're putting IN your body!!! Sometimes we neglect what we're putting ON our body. Our skin's our largest organ!!! I have a sample of the skincare, if I sent it to you, would you want to try it?

## DAY#14

Happy Sunday! Reminder tomorrow morning we weigh in... please send me your results!! Also tomorrow will be 1<sup>st</sup> day of our 7 day Body Cleanse. Info about that on the FB page... be sure to READ THE POST but here are a few tips:

Match your intake of the Cleanse with water throughout the day. A lil cleanse... then a lil water REPEAT! (Your Fizz Stick counts as a matching hydration)

Still get 1/2 your body weight in ounces of water each day and avoid drinking all of your Body Cleanse at once. I'm here if you need any help or have any questions!

## DAY#15

**\*\*\*INSERT VERBIAGE PROVIDED BY YOUR VP in team Facebook group to invite participants to upcoming Zoom event &/or share the current "refer to earn" incentive. \*\*\***

## DAY #22

HAPPY MONDAY! Can't even believe we are in our last week!! How are you feeling??

Don't forget to send your weigh ins if you haven't already! 😊

Are you available this week for a quick check in and chat about your game plan moving forward? I'd like to check in to see how I can support you beyond the 30 days ... let me know when it's a good time to reach out! Also... don't forget about our "refer to earn" connect me with those interested in learning more about Arbonne 30 & you will get entered to WIN!! If you'd like help inviting others to join ya in another round let me know! 😊

## DAY #24

Been thinking about your 1<sup>st</sup> "Cheat meal"? Now that the finish line is in sight... have you been tempted to sneak a cheat in a little early? This is your friendly reminder...DON'T!! 😊 We have a reintegration plan (more details to come) that is best to follow so that we identify our ingredient culprit & don't fall completely off the wagon! 😊

## Day #30

Day 30 today!! Final weigh out tomorrow! Please send a video with the scale at zero, then you getting on the scale and showing the final number by 5pm tomorrow. Also send pics from the side and front as well as your waist and 2"below waist measurements. So stinkin' proud of you!

And, I'd love to have a written testimony from you on FB that highlights your biggest realizations and wins!! It could REALLY help someone make the decision to take control of his or her health! AND... if you're willing to share your results on social media and tag me, expect a little surprise gift from me 😊

