

Psst! Need a quick BODi Block refresher?

Here's how it works—BODi Blocks are organized 3-week fitness programs. There are four different Blocks: All-BODi, Bike, Iron, and For Beginners Only.

During these three weeks, we'll work out 5 times per week—with two rest/recovery days.

Next comes an active recovery week called your UP Week. You'll get two workouts from the Block you just completed, as well as a sneak peek workout from the upcoming Super Block. Do as much or as little as you need to get yourself ready for your next BODi or Super Block.

I love UP weeks, because they're a great time to focus on yourself and take in some Mindset content, to help build emotional strength as well. If you have any questions about your BODi Block, please message me. Whether this is your first or fourth Block, I want you to have the best experience!

Coach Tip: Introduce yourself to the group today. Be vulnerable and share your experiences, so your group feels comfortable doing the same. This is your opportunity to set the tone and help everyone feel welcome and excited about their upcoming BODi Block.

Prep-Week: Day 1

Hey, welcome to our accountability group! I'm so excited that you're here, because I know firsthand that when we work together, we CRUSH our goals.

Even though we're not all doing the same BODi Block workouts and eating plans, it's so much easier to follow through and stay motivated when you have a group like ours to lean on. Let's hype each other up and share all the virtual high-fives. Let's get things going by sharing below which Block you'll be starting next week! Tell us a bit about yourself and start spreading the good vibes!





Prep-Week: Day 2

Hey, friends, let's talk about our accountability group—and more importantly—why it's going to change your life!

Did you know that people are way more likely to reach a goal when they commit to it with a partner? Pretty cool, right? Well, this accountability group serves that exact purpose!

I'm going to be posting here every day, and I'd love to see you do the same. In addition to my usual posts with helpful advice and tips to make the most of your BODi Block, I'll also be sharing the highs and lows of my own journey.

Remember, we're all doing the best we can while riding the ups and downs of life. You're going to have good days and bad days, and that's okay! So, share the wins and the challenges. Comment on each other's posts and lift one another up. The more we lean on each other, the more we can grow and improve.

So, let's kick this off with the BIG question—what do you want to get out of this BODi Block? What do you hope to accomplish? There's no wrong answer!

Coach Tip: Don't forget to share your own goals for the BODi Block!



Prep-Week: Day 3

Which healthy eating plan will you be following during your BODi Block? There are three to choose from, and they're all amazing for different reasons. There's Portion Fix, 2B Mindset, and The 4 Week Gut Protocol. We also have 2B Pregnant if you're expecting. Be sure to check out the healthy eating plans on the NUTRITION tab on BODi to see which plan works best for you.

All these eating plans have different philosophies and approaches to eating but one tip that you'll see over and over again is planning! Having a plan in place can help you make healthy choices more often. For some, that may include meal prep! I know I feel less tempted to mindlessly snack when I have a plan in place and already have healthy and delicious food prepped in the fridge! If you need recipe inspo, check out the Mindset Menu and FIXATE cooking channels to access over 1000 delicious dishes.

Now, I want to hear from you! Have you chosen an eating plan yet? If not, which ones are you considering? Let's start chatting in the comments!

Coach Tip: Which healthy eating plans have you tried? What are you following during this Block? Share your firsthand experience or tips for success. Remind your group to look at the eating plans on BODi to learn more and make a choice that fits their needs.



Prep-Week: Day 4

With only a few days left until we all start our BODi Blocks, it's time to do an equipment check! Here is what I want you to do today:

1. Review the workout calendar for your BODi Block and save it somewhere you can easily find (print it, save it as a PDF on your desktop, or take screenshots on your phone).
2. Check the equipment lists for the workouts in your Block—do you have everything you need?
3. Extra credit: If you have all your equipment, set it out in your workout area, take a picture of it, and send the pic to the group with maybe a caption like, "I'm ready for my Block!" If you still need to get your equipment, share your plan to get those items!

Remember: Sharing your goals with the group is the easiest and most effective way to meet those goals.



Prep-Week: Day 5

Have you heard of "Health Esteem"? This is one of the things I love most about BODi. Health Esteem is the idea that by caring for your body, mind, and heart every day, you can feel happier, healthier, and more confident. And who doesn't want that?

So, what things can contribute to a positive Health Esteem? Obviously, there are a LOT of different ways to be happy and healthy, but you can start with what I call the "big three"—consistent fitness, nutrition, and mindset.

And here's the good news: By committing to a BODi Block in this accountability group, you're making your Health Esteem a priority! Allow yourself to be proud of what you've accomplished.

Here are a few things to consider:

1. The numbers on the scale are less important than the way you feel.
2. Your body IS an extraordinary gift, regardless of how you (or anyone else) views it.
3. The journey of 1,000 miles begins with a single step—keep stepping every day and you'll get there.
4. Remember this is about progress and not perfection. The fact you decided to show up is already a win in our book.
5. We're all in it together! You don't have to do this alone.

Coach Tip: Share something you do to care for your own Health Esteem and encourage your group to share their self-care tips, too!



Prep-Week: Day 6

You know that saying “you are what you eat”? Well, there’s a lot of truth to it.

The food and drinks you choose can really affect the way your body (and mind) feels. For example, if you have a food sensitivity and eat something your body can’t tolerate, your body is going to react, and not very nicely. Take in the foods and nutrients your body needs, your body is going to reward you for that.

We want to make sure we feed our body all the important nutrients it needs to feel its best—but we don’t believe in deprivation so you’ll still be able to enjoy your favorite foods like pasta, cupcakes, and wine. It’s all about balance.

Whichever eating plan you choose, you’re going to learn about the foods to eat, the right portions and proportions, and the power of a positive mindset. Still haven’t picked a plan? Find the one that works best for you on the NUTRITION tab on BODi. Today, I want to put you on to my secret weapon—BODi supplements. Shakeology and Energize are my must-haves.

Want to eat more dessert? You can. Shakeology is a superfood dessert that can be enjoyed as a shake, pudding, oatmeal, pancakes, even cookies, ice cream, or PB cups. It’s delicious and the best news is you can treat yourself every day! My go-to is the Nice cream. So have your shake and eat it too. Check out some of the delicious recipes on the NUTRITION tab on BODi. And for even more recipes, check out the Mindset Menu and FIXATE cooking channels to access over 1000 delicious dishes

You all are going to be obsessed with Energize. It gives you a burst of clean pre-workout energy to help you focus and kick ass. I never work out without it.*

Have you tried Shakeology or Energize before? If so, drop your favorite flavor in the comments!

Coach Tip: Share your favorite Shakeology flavor with the group. For reference, here are all of the flavors of Shakeology: Chocolate Caramel Brownie, Cookies & Creamy, Chocolate, Vanilla, Café Latte, Strawberry, and Tropical Strawberry.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



Prep-Week: Day 7

It's almost the big day! Are you nervous? Excited? Maybe a bit of both? That's totally okay! I'm going to be with you every step of the way.

Drink some water and get a good night's rest, everyone, because we're starting tomorrow!

Coach Tip: Share something you do to care for your own Health Esteem and encourage your group to share their self-care tips, too!



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Week One: Workout 1

Happy day 1 of your BODi Block, everybody. This is a moment to be proud of, so I hope you'll share your sweaty selfies commemorating the first day of your Block!

Now that we've got our workouts started, let's talk about the food we're eating to fuel our body and our workouts. I'm sure you've already chosen an eating plan, so let's start there—which plan are you following? And—more importantly—what are you excited to eat this week?

Coach Tip: Tell the group what eating plan you're following and share a link to your favorite recipe from that plan. Direct them to Mindset Menu and FIXATE cooking channels to access over 1000 delicious dishes.

Week One: Workout 2

Another day, another workout! What's on your Block Calendar today? I want to hear all about it?

I'll go first...

Coach Tip: Tell the group about your workout today. Tell them what you did and how you're feeling. Try to keep things positive and encouraging, while being empathetic toward group members who may be having a hard time getting started.

But enough about me. What about you? How are you feeling so far? Have you liked your first couple of workouts? I'm sure that by now you've spent some time looking through your Block Calendar—is there an upcoming workout or trainer that you're excited about? There are no wrong answers!



Week One: Workout 3

You're about halfway through the first week of your Block. Three days may not seem like a lot, but you should be proud of yourself! AND you should treat yourself to a Shakeology today.

I meant it literally when I said treat yourself, because Shakeology tastes like an actual dessert (without the excess sugar). It's got all the feel-good ingredients you need to help fuel your body during your Block (and it helps satisfy your sweet tooth).* Win-win!

So, tell me, what's your Shakeology flavor of choice?

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Coach Tip: Tell the group what your favorite flavor is. And share some Shakeology recipes to give the group ideas about how they can get the most out of their daily shake.

Week One: Workout 4

Let's talk about the workouts you've been doing this week. What are you liking about this week's exercises? And on the flip side, what are you finding challenging? I want you to feel comfortable sharing your wins and challenges with the group. Working out can be hard—physically and mentally—but we're all here for each other and this is a safe space to be vulnerable.

Coach Tip: Lead the path by sharing your thoughts from this week. Are you busy dealing with your work/life/exercise balance? Did you wake up one day feeling off? Share those moments with the group. Wrap up today's post with some words of affirmation.that plan. Direct them to Mindset Menu and FIXATE cooking channels to access over 1000 delicious dishes.



Week One: Workout 5

One week of workouts down! High-fives all around. Today is the perfect opportunity to dive into your monthly Mindset content. Check out this ThinkSpace video on Mindset and celebrate your accomplishments for the week. Take a minute now to reflect on this first week by answering these two questions:

- Big or small, what was your “win” from this week?
- Which workout was your favorite this week and why?

PS—Have you joined Petra’s Mindset Community Group? I love getting tips from her week after week on how to stay motivated. She keeps me inspired to reach my goals—physically and mentally!

Coach Tip: Don’t forget to share your experience with everyone! Share your wins. Also, talk about your workouts. Did one of the exercises surprise you? Did you feel powerful or strong during the week? Those are the things people want to see!



Week One: Rest Day

You've been on this Block for almost a whole week now. If you've done a BODi Block before, you're probably used to this structure, but if you're new to BODi, this could be a bit of a change for you. Either way, I can tell you from experience that the Block system works! It's amazing how good it is for keeping me consistent in my workout routine.

So, let's use this rest day to focus on the idea of consistency! Let's put our heads together and share our tips for staying consistent or sticking to a routine. I know we've got some creatives in this group, so I'm excited to learn from you!

Here's one of my tips about consistency: I like to take my Shakeology at the same time every day.

Coach Tip: Share when and how you like to take your Shakeology. Do you always have it as a shake, or do you mix things up and add it to other recipes?

Now, it's your turn. Tell me about your routine and about how you have been incorporating Shakeology into it.

Week One: Rest Day

It's another rest day, and I hope you all enjoy this time. Rest days allow our body to heal and recover, so we can keep the momentum during the rest of our Block.

Everyone does their rest days a little differently. If you're sore and tired, catch up on sleep, take a bath with some Epsom salt, or do some stretching. If you want to move your body, do some low-impact activity, like walking, low-intensity biking, or yoga. There are lots of stretching and yoga workouts on BODi—let me know if you need some recs! Now's a great time to meal plan, prep, and grocery shop for the week, too.

What are you doing during your rest period today? Whatever you decide to do, I hope you'll share it with us!

Coach Tip: Share a selfie of what you're doing today! Lead by example so people get excited about sharing their adventures with you.



Week Two: Workout 1

Pro Tip: Use Energize and/or Recover to give yourself a much-needed boost this week!

I hope you all got some quality rest this past weekend, because it's week 2 in our Block and we're starting strong!

Time for a MINDSET minute! Mondays start with QuickShift. It's a quick tip or strategy based on the Mindset Monthly Topic that will help set you up for a powerful and positive week ahead. Check it out [here](#).

Has anyone developed a solid morning routine you'd like to share? Routine and consistency are key to improving your Health Esteem and seeing results!

Week Two: Workout 2

Hey, everybody! I wanted to do a mental check-in to see how you're doing this week. I know these BODi Blocks can be really challenging—for beginners and pros alike. So, let's take a moment to embrace that challenge. Acknowledge the discomfort, celebrate how far you've already come, and get excited about how much further you'll go during this Block.

As your Coach, I want to help you! So, tell me, how can I help you? What kinds of motivation work for you? I know that setting weekly goals really helps keep me focused and excited about what's to come. Here's what I want to hear from you:

1. How are you really feeling today?
2. What is your goal for this week?
3. Do you need additional support?



Week Two: Workout 3

Pro Tip: Use Energize and/or Recover to give yourself a much-needed boost this week!

By now, you might be feeling a little sore. That's normal—especially when you're switching up your exercise routine or beginning a new workout program. But admittedly, being sore and tired doesn't FEEL amazing—and that's where Energize and Recover can help.

Recover is my post-workout BFF to help me bounce back faster.* Plus, who doesn't enjoy a delicious chocolate shake as a post-workout reward? It seriously tastes like a fudgsicle.

I use Energize to get me moving when I'm dragging or just not feeling it. It's the perfect burst of energy I need to help me get through my workouts.*

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Who here has tried Energize or Recover?
What did you think of them?

Week Two: Workout 4

You're halfway through week 2! I hope you all are feeling confident and strong. We just have a couple more workouts until we get to our rest period for the week. **YOU CAN DO THIS!**

Workouts aside, how do you like the eating plan you've chosen? What are some things you've learned? What healthy changes have you already incorporated? Perhaps starting to eat breakfast, adding more veggies, cutting back on added sugars and treats? Have you noticed any changes in how your body feels when you make healthier choices?

It can take some time to get used to thinking differently about food, and that's normal. It's a process! One thing I really liked was experimenting with all the yummy recipes, my family is enjoying them too. I'm going to leave a link to one of my personal favorites.

Have you found a new favorite recipe yet? If so, I want to hear about it (and try it!). Tell us what you loved about it, so we can all drool.

Coach Tip: Link at least one recipe from 2B Mindset, Portion Fix, or 4 Week Gut Protocol. If you have multiple favorites, you can share extras. Direct them to Mindset Menu and FIXATE cooking channels to access over 1000 delicious dishes. Try to get people excited about the possibilities of eating healthy.



Week Two: Workout 5

Tip of the day: We're here to have fun. Go at your own pace while still challenging yourself. Pushing too hard (mentally or physically) too often is a recipe for injuries and burnout—and nobody wants that. Be kind to yourself. You're here and that's all that matters!

Make sure to check out this week's ThinkSpace video on Mindset to remember all the amazing things you've done for yourself this week. Now, let's celebrate those daily victories and have fun today!

Coach Tip: Today is all about having fun and getting people excited about pushing through this last workout of the week. Share a sweaty, goofy selfie or a fun workout meme that you've seen.



Week Two: Rest Day

You've worked out for two weeks straight, now celebrate with a self-care day! Even if you are feeling energized today, I want you to take some time to recover. We've got some big workouts coming up next week, and I want you to feel your best so you can crush your goals!

I know that in our busy lives it's not always easy to take time for ourselves. So today, even if you have a busy schedule, I want you to set aside time for YOU!

Do something that makes you happy. Stretch your body, use a foam roller to massage your muscles, spend time journaling, or check out a guided meditation on BODi. You can also prep for next week by whipping up a delicious Shakeology snack, like ice cream or some brownie superfood bites.

Send a pic or tell us what you're going to do today for yourself!

Week Two: Rest Day

Before we start our big week 3 (can you believe it's here already?), I want to spend time reflecting on the past week. What exercises did you like most? Did any of your favorite workouts surprise you? How are you feeling going into the third week?

Coach Tip: This is your chance to share successes and positivity with the group. Some of your group members might be feeling a little overwhelmed at this point, and we want to help them cross the finish line. Share some words of affirmation to keep them going!



Week Three: Workout 1

This is the last week before our UP week! We've got some big workouts coming up, so it's time to dig deep, remember your goals, and push to the finish line!

Start the week off right with some Mindset motivation. Check out today's QuickShift video for a dose of positive vibes.

Words of affirmation and inspirational quotes often lift me up during these tough weeks, and I'm sure some of you feel the same; so, let's all share our favorite quotes and sayings.

Have any of the trainers said anything that helped push you through the workouts? If not, is there a different affirming quote, mantra, or song that you come back to during the hard workouts? What else has kept you inspired during this Block (trainers, quotes, group members, family members, etc.)?

Let's all take a moment today to cheer each other on as a group!

HEALTH ESTEEM



Week Three: Workout 2

How do you measure success when you're working out? It may be tempting to gauge success only by the numbers you see on the scale, but it's so much bigger than that. During a BODi Block, success is the act of simply showing up for yourself, pressing play, and giving it your best—whatever that is today. Remember, your Health Esteem journey is a lifestyle, not a one-time adventure. So, rather than thinking about your experience in terms of size, I encourage you all to think about how you FEEL.

Here's my big question of the day: Are you feeling better during your workouts now that you're on your third week? What parts of your body feel stronger? Let's all celebrate the wins we've experienced over the past three weeks!

Coach Tip: Reflect on how you've improved over the past three weeks. Focus on how you FEEL—physically and emotionally. Some of your group members might be feeling a little emotional if they aren't losing weight yet. If this comes up, remind them that it's normal and results come with time. Remember that the big goal is for everyone to improve their Health Esteem. Is there a workout you did this week that you felt stronger doing than you would have a few weeks ago? Let's keep everyone's spirits up this week!



Week Three: Workout 3

Just a few more workouts until we reach our UP week, so let's keep up this momentum!

We're all here to keep each other accountable and motivated. So, let's talk about our favorite workouts we've done so far. Has a particular trainer really inspired you? Tell us all about it in the comments!

Coach Tip: Having everyone talk about their favorite trainers and workouts is a great way to get your group to start thinking about next steps! If they want to do another Block after they finish this one, they're going to be looking for inspiration from their group members. Start getting them excited now!

Week Three Workout 4

Before starting this challenge, I asked you about your goals. Now that we're approaching our UP week, it's time to reflect on those goals.

Here are some thought-starters you can use to reflect:

- What goals did you have in mind before starting?
- What type of results have you seen?
- Do you feel more energetic?
- Are you sleeping better?
- Has your mood improved?
- Are you able to do more reps or lift heavier weights?
- Have you incorporated some healthier eating habits?
- Are you feeling more motivated and inspired?

I hope you all know that regardless of if you've reached your goal or not, you still are doing AMAZING and should be so proud of yourselves!

Coach Tip: Keep an eye on the comments today. During goal reflection periods, some people can feel down. Respond to your group members. If they are discouraged, remind them of the amazing work they've accomplished so far. Let them know that you've been watching, and you're proud of them. Words of affirmation from an outside source can make someone's day.



Week Three: Rest Day

Don't forget to stay engaged with the group, even during our upcoming UP week! Remember, this is a fun and safe space to share your sweaty selfies, aesthetic food pics, inspirational quotes, etc. Comment, like, and interact with the group here because it keeps us all accountable!

Coach Tip: Give a shoutout to someone in the group who is kicking butt and has really improved since day 1!



Week Three: Rest Day

How did you all spend your rest days? Hopefully, you're all rested and excited for your UP week.

Today's words of affirmation: The scale doesn't always reflect your hard work. There's more than one way to assess your improvement, like measuring inches lost or taking pictures of yourself. And the most important metric for success: how you and your body FEEL. Even if you haven't lost a pound but you feel good—that's success! Your hard work is paying off, so keep it up!

How else do you measure your wins? I bet we can come up with some good ideas in this group. Let's discuss!



Week Four-Up Week: Day 1

Welcome to UP week! This is a time when we can celebrate all the hard work that we've done the last 3 weeks. In case you forgot, UP week is short for "unconditional progress." During this week, we are going to emphasize strengthening our mindset and allowing our body time to recover (which is ESSENTIAL to continued progress). The workouts this week are optional. You're also invited to explore the Mindset Master Class, to help you overcome any obstacles that may be arising. And try the Sample Workout for the upcoming Super Block!

Today, we're doing a full workout from your BODi Block. You've already completed 15 workouts and should be feeling a lot stronger and more confident than when you first started. Let's do this!

Coach Tip: Share examples of what you like to do during UP week. Really focus on educating the group members this week. You don't want anyone to overdo it during this recovery week.

Week Four-Up Week: Day 2

How did it go yesterday? If you got your sweat on, what part of your workout made you feel strong or confident? And as a result, how do you feel today? Dig deep and keep up your routines so you can get into the right space for your next Block!

Today, I'm excited to try the Sample Workout from the upcoming Super Block! Share what you'll be doing today!

Coach Tip: Your new group members may not know what a Super Block is (or where to find that information), so this is a good time to do some education. Share resources and let the group know how you're going to spend this day.



Week Four-Up Week: Day 3

Today, I want you to practice some mindfulness. Think about where you are in your health and fitness journey, and where you want to be. What are the physical and mental steps you can take to make sure you reach those goals?

Have you considered joining the next Super Block? That's a great way to push yourself!

Another option is to start a different BODi Block. Maybe you did an Iron Block this time and want to make a change by doing a Bike Block.

Try out the sample workout today of the one you're considering and see how you like it.

Week Four-Up Week: Day 4

What is everyone tackling next? We're only a few days away from the end of this BODi Block, so I'm sure you've been thinking about the big question—what's next? Are you going to join another Block, or will you take a break? Will you do the same Block or try something different? There are so many options available to you, and I can't wait to see what you do next! Whatever option you're considering, make sure to give one of our Super Block Sample Workouts a try!

Let's chat more about next steps in the comments!

Coach Tip: At this point, some of your beginners may be feeling a little unsure about what to do next. Engage in some conversations with your group to help guide them to their next Block! This could be a .



Week Four-Up Week: Day 5

Let's all reflect on our proudest moments from this Block! I know that for me, it's easy to get bogged down by the stressors of everyday life. But we've accomplished so much, and we should be excited about that.

Coach Tip: Share two to three accomplishments—one that is physical (like keeping up with the trainers or doing a more demanding workout) and one that is mental (like choosing to do a workout when you didn't WANT to work out) or one that has to do with healthy eating (i.e.; eating more veggies, drinking more water or swapping out desserts for Shakeology to deal with cravings).



Week Four-Up Week: Day 6

Coach Tip: Today is the day to give shoutouts to members in the group who have engaged a lot with others, and helped people stay accountable. Tag some group members below and say how proud you are of them (and everyone else).



Week Four-Up Week: Day 7

Whether you're starting a new BODi Block or Super Block tomorrow or taking a break, remember the progress you made and how you felt during this Block. Keep moving your body and continue developing a positive relationship with the food you eat. After all, these small choices we make each day help us achieve a greater Health Esteem!

Coach Tip: Share what you're doing next in this group, so they know what to expect