



# ...me+3 challenge...

**July 2018**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
Daily Move: 2 sets x 10 reps – Fit3 video of the week: "Fit3 Beginner Cardio"						
Reliv Shake #SpotlightSunday	½ Rollback - Band Reliv Shake #MondayMotivation	Band Side Bends Reliv Shake #TipTuesday	Leg Raise w/Band Reliv Shake #WellnessWednesday	Woodchoppers Reliv Shake #ThursdayThoughts	Bicycle Bands Reliv Shake #FlexFriday	Band Twist Reliv Shake #ShakeSaturday
8	9	10	11	12	13	14
Daily Move: 2 sets x 12 reps – Fit3 video of the week: "Fit3 Intermediate HIIT"						
Reliv Shake #SelfieSunday	½ Rollback - Band Reliv Shake #MondayMotivation	Band Side Bends Reliv Shake #TransformationTuesday	Leg Raise w/Band Reliv Shake #WellnessWednesday	Woodchoppers Reliv Shake #ThankfulThursday	Bicycle Bands Reliv Shake #FridayFun	Band Twist Reliv Shake #ShoutoutSaturday
15	16	17	18	19	20	21
Daily Move: 3 sets x 10 reps – Fit3 video of the week: "Fit3 Active Recovery"						
Reliv Shake #SpotlightSunday	½ Rollback - Band Reliv Shake #MondayMotivation	Band Side Bends Reliv Shake #TipTuesday	Leg Raise w/Band Reliv Shake #WorkoutWednesday	Woodchoppers Reliv Shake #ThursdayThoughts	Bicycle Bands Reliv Shake #FlexFriday	Band Twist Reliv Shake #ShakeSaturday
22	23	24	25	26	27	28
Daily Move: 3 sets x 12 reps – Fit3 video of the week: "Fit3 Beginner Cardio"						
Reliv Shake #SelfieSunday	½ Rollback - Band Reliv Shake #MondayMotivation	Band Side Bends Reliv Shake #TransformationTuesday	Leg Raise w/Band Reliv Shake #WellnessWednesday	Woodchoppers Reliv Shake #ThrowbackThursday	Bicycle Bands Reliv Shake #FridayFun	Band Twist Reliv Shake #ShoutoutSaturday
29	30	31				
Daily Move: 3 sets x 12 reps – Fit3 video of the week: "Fit3 Active Recovery"						
Reliv Shake #SpotlightSunday	½ Rollback - Band Reliv Shake #MondayMotivation	Band Side Bends Reliv Shake #TransformationTuesday	*Fit3 workouts are available at: <a href="https://www.youtube.com/user/RelivInternational/playlists">https://www.youtube.com/user/RelivInternational/playlists</a>			

- Take your Reliv products EVERY day!
- Perform the number of sets and reps indicated for the daily move. Each move is explained and demonstrated here: <https://greatist.com/fitness/resistance-band-exercises> Missed days can be made up at any time during the week. You will need a light to medium weight resistance band.
- Complete the Fit3 video of the week one time during that week.  
Videos are available on the Reliv International YouTube channel: <https://www.youtube.com/user/RelivInternational/videos>
- Choose one of the indicated hashtags each week and use it to inspire a post to your personal Facebook or Instagram account. Each member of your Me + 3 team should choose a different day of the week. Like and share your teammates' posts. See explanations below for each hashtag.
- Share the "Why Reliv" video with at least one new person each week.
- Modify or substitute for any moves that cause discomfort.

Hashtag	Description
#MePlusThree	This is the name of the challenge. By using this hashtag you can connect with other challenge participants and keep track of what others are doing.
#MondayMotivation	What is motivating you this week? Do you have words of motivation for your team?
#TransformationTuesday	This hashtag is for sharing your transformation. You can share your weight loss results, your attitude changes, etc.
#TipTuesday	Share a tip with people new to Reliv like your favorite shake recipe or Reliv product combination. Use this hashtag for any tip you'd like to share.
#WorkoutWednesday	Tell everyone what Fit3 workout you're doing on a Wednesday or your favorite workout tip. Are you working out with your team? Make sure to take a selfie!
#WellnessWednesday	Share your healthy lifestyle with all your friends. You can post anything wellness-related with this hashtag.
#ThursdayThought	Use this hashtag to share why you are thankful for Reliv and Fit3 or how this challenge has impacted your life.
#ThankfulThursday	Share why you are thankful for Reliv, Fit3 or your Me + 3 Team!

Hashtag	Description
#ThrowbackThursday	Share an old picture of you with one of your teammates or from your journey with Reliv.
#FlexFriday	Show off your new muscles! Take a selfie flexing and share it with your friends.
#FridayFun	Use this hashtag when you're spending your Friday doing something fit and fun!
#ShoutoutSaturday	Give a shout out to someone who is rocking their Reliv business or just started taking the products. You want to recognize their amazing accomplishments!
#ShakeSaturday	Take a picture of your favorite Reliv shake and share the recipe with your friends.
#SpotlightSunday	Spotlight someone who you admire within the Reliv community. Share why you think they're an inspiration and how they have impacted your Reliv journey.
#SelfieSunday	Take a selfie and share something you're doing as part of the challenge. Did you try a new workout class? A new shake recipe?