

FITNESS FRIEND

challenge



Social Media Guidelines

□ WEEK 1 (NOVEMBER 4-10)

Picture of any 3 Reliv products, with the caption "This is how I Reliv."
Use the hashtag #FitnessFriendChallenge

□ WEEK 2 (NOVEMBER 11-17)

Post a short video of you with a Reliv shake to your personal FB page. The video should be no longer than 30 seconds. Include your Reliv products in the shot, but no more than 2 products! Talk about when you are taking the shake and why (what are the benefits that you are getting).
Possible hashtags: #WellnessWednesday #TipTuesday #ShakeSaturday #FitnessFriendChallenge

□ WEEK 3 (NOVEMBER 18-24)

Post a short video clip addressed to your Fitness Friend reminding them to do their share of the daily moves for this month!
Possible hashtags: #FitnessFriendChallenge #WorkoutWednesday #ShoutoutSaturday

□ WEEK 4 (NOVEMBER 25-DECEMBER 1)

Share a short video or picture explaining why you are thankful for your Fitness Friend.
Possible Hashtags: ##FitnessFriendChallenge #ThankfulThursday

□ WEEK 5 (DECEMBER 2-8)

Share a Transformation Tuesday post from the Fit3 Facebook Page with a comment in your own words about how that person inspires you.
Possible hashtags: #TransformationTuesday #FitnessFriendChallenge

□ WEEK 6 (DECEMBER 9-15)

Take a video clip (30-45 seconds) of you and your Fitness Friend doing a workout and post it on FB with a comment about the workout.
Possible Hashtags: #WorkoutWednesday #FitnessFriendChallenge #MondayMotivation #FlexFriday #FridayFun

□ WEEK 7 (DECEMBER 16-22)

Share your favorite motivational quote on FB and why it is your favorite.
Possible Hashtags: #MondayMotivation #ThursdayThoughts #FitnessFriendChallenge

□ WEEK 8 (DECEMBER 23-29)

Take a post-workout selfie or video clip commenting on how you feel after the workout. Mention Fit3 and your Fitness Friend.
Possible Hashtags: #SelfieSunday #WorkoutWednesday #FitnessFriendChallenge #MondayMotivation #FlexFriday #FridayFun

□ WEEK 9 (DECEMBER 30-JANUARY 5)

Share your new year's resolution and how you will make them happen.
Possible hashtags: #FitnessFriendChallenge #MondayMotivation

□ WEEK 10 (JANUARY 6-12)

Share your favorite Reliv shake recipe on your personal FB page.
Possible hashtags: #ShakeSaturday #WellnessWednesday #TipTuesday #FitnessFriendChallenge

□ WEEK 11 (JANUARY 13-19)

Share your transformation pictures from this challenge and comment what you've learned the past 90 days.
Possible hashtags: #FitnessFriendChallenge #TransformationTuesday

□ WEEK 12 (JANUARY 20-31)

Share a video clip about why you deserve to win the Fitness Friend Challenge!
Possible Hashtags: #FitnessFriendChallenge #Fit3Champion

***Please note: not all possible hashtags should be used at once. Choose 1-2 hashtags when applicable to your post. Tag @Fit3 when possible.**