

You + Me Challenge Weekly Calendar

May 1-July 31

Each week your team will be expected to post on Facebook at least once per person. Print out this guide as a friendly reminder of what to post when and then you can check it off!

What do I have to do?

Each team member picks **one** of the daily hashtags each week as outlined below and posts on their personal Facebook profile. Make sure to make your post “**public**”—learn how [here](#). Use the hashtag #MePlusThree!

What does each hashtag mean?

#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? Share something motivational with this Monday hashtag.

#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.

#ThursdayThoughts: 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!

#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? Are you feeling extra motivated and confident? Let us know!

Remember, you only have to use one of these hashtags each week. You can pick a new day each week. Just make sure that each team member posts at least once a week using one of these hashtags!

Week 1: May 1-5

Share a picture of you and your team! If you are a virtual team, share a picture of yourself and tag your three team members. Make sure to make your post “public” and tag @Fit3. See how [here](#).

Use the hashtag **#MePlusThree!**

Week 2: May 6-12

#MondayMotivation

#TipTuesday

#WorkoutWednesday

#ThankfulThursday

#FlexFriday

#ShakeSaturday

#SpotlightSunday

Week 3: May 13-19

#MondayMotivation

#TransformationTuesday

#WellnessWednesday

#ThursdayThoughts

#FridayFun

#ShoutoutSaturday

#SelfieSunday

Week 4: May 20-26

#MondayMotivation

#TipTuesday

#WorkoutWednesday

#ThrowbackThursday

#FlexFriday

#ShakeSaturday

#SpotlightSunday

Week 5: May 27-June 2

#MondayMotivation

#TransformationTuesday

#WellnessWednesday

#ThankfulThursday

#FridayFun

#ShoutoutSaturday

#SelfieSunday

Week 6: June 3-9

#MondayMotivation

#TipTuesday

#WorkoutWednesday

#ThankfulThursday

#FlexFriday

#ShakeSaturday

#SpotlightSunday

Week 7: June 10-16

#MondayMotivation

#TransformationTuesday

#WellnessWednesday

#ThrowbackThursday

#FridayFun

#ShoutoutSaturday

#SelfieSunday

Week 8: June 17-23

#MondayMotivation

#TipTuesday

#WorkoutWednesday

#ThursdayThoughts

#FlexFriday

#ShakeSaturday

#SpotlightSunday

Week 9: June 24-30

#MondayMotivation

#TransformationTuesday

#WellnessWednesday

#ThankfulThursday

#FridayFun

#ShoutoutSaturday

#SelfieSunday

Week 10: July 1-7

#MondayMotivation

#TipTuesday

#WellnessWednesday

#ThursdayThoughts

#FlexFriday

#ShakeSaturday

#SpotlightSunday

Bonus! Share a fun, Fit3-approved Fourth of July activity or recipe with us. #HappyFourth

Week 11: July 8-14

#MondayMotivation

#TransformationTuesday

#WellnessWednesday

#ThankfulThursday

#FridayFun

#ShoutoutSaturday

#SelfieSunday

Week 12: July 15-21

#MondayMotivation

#TipTuesday

#WorkoutWednesday

#ThursdayThoughts

#FlexFriday

#ShakeSaturday

#SpotlightSunday

Week 13: July 22-30

#MondayMotivation

#TransformationTuesday

#WellnessWednesday

#ThrowbackThursday

#FridayFun

#ShoutoutSaturday

#SelfieSunday

BONUS: July 31

Share your before and after pictures for the ultimate end-of-challenge #TransformationTuesday!