



clean week™

quick start guide

Before you make it a lifestyle...*make it a week*

Welcome to Clean Week™!

This 7-day program is your introduction to Beachbody's unique total solution—Fitness, Nutrition, and Peer Support—a proven formula for lasting results. We'll be with you step-by-step as you create new healthy habits and build daily routines you can actually stick to.

Fitness

Each day, you'll do just one 30-minute workout, designed by trainer Megan Davies for all fitness levels.

Nutrition

Your Meal Planner makes it simple to prepare and enjoy delicious, high-quality foods that will also help you achieve your goals. Adding Shakeology® once a day fills in the “missing links” of nutrition—to help support your health, digestion, and energy.*

Peer Support

Surround yourself with like-minded people, and you'll realize how powerful support and accountability can be to help you stay on track.



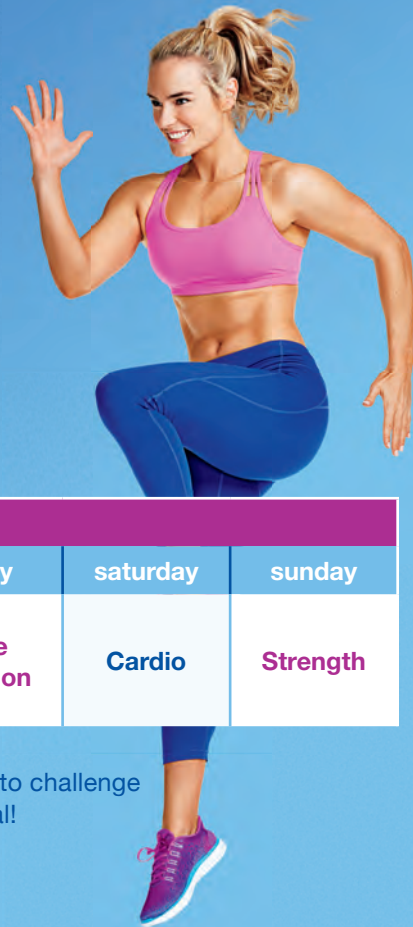
Let's get the week started!

step

1 Fitness

The Clean Week Workouts... Everything You Need

The Clean Week workouts are focused on the four pillars of a well-rounded fitness program — **Cardio, Strength, Core Function, and Flexibility.** They're all approximately 30 minutes and consist of simple yet effective exercises curated from our proven programs on **Beachbody® On Demand.**



Workout Calendar						
monday	tuesday	wednesday	thursday	friday	saturday	sunday
Core Function	Cardio	Strength	Active Flex	Core Function	Cardio	Strength

All you need for the workouts is a pair of dumbbells, heavy enough to challenge you but light enough that you can maintain good form. That's critical!

You can access all the Clean Week workouts for FREE on [BeachbodyOnDemand.com](https://www.BeachbodyOnDemand.com)

step

2 Nutrition

Drink Shakeology and Eat Clean

Working out revs up the metabolism and burns calories. But to see results, you'll need to focus on nutrition and portion control. Shakeology and your Meal Planner are all you need to make great nutrition simple and easy.

Shakeology

The easiest healthy habit to create. Blend it with a piece of fruit, some peanut or almond butter, and almond milk and it makes a delicious, satisfying part of your breakfast. In fact, in a recent clinical trial, Shakeology was found to reduce the desire to eat by 58% compared to another shake with the same number of calories when taken 30 minutes before a meal.[‡]

It's a nutrient-dense superfood protein shake that's both delicious and simple to make. Once you feel the healthy energy and reduced cravings that come with the help of Shakeology, you'll want to make even more healthy lifestyle changes—and that will lead to more success!

The Clean Week Menu Planner

Your step-by-step guide to healthy eating that won't deprive you of the foods you enjoy! NO DEPRIVATION! You'll see exactly how to plan and shop for your meals—and discover the power of prepping food in advance, so you spend less time in the kitchen and have healthy choices on hand all week long. In just a few steps, you'll have a ready-to-eat menu for the full 7 days!



[‡]Results from an acute, double-blind, crossover, placebo-controlled clinical trial of 41 overweight adults who drank either Shakeology or a calorie-matched shake 30 minutes before a meal.

Shakeology for your best results

Clean Week is an easy way to pick up healthy eating habits—like drinking Shakeology every day. Just a single daily serving of Shakeology supplements your diet with the potent superfoods, digestive enzymes, prebiotics, probiotics, fiber, antioxidants, protein, and healthy phytonutrients that help support an active lifestyle. Getting Your Daily Dose of Dense Nutrition® doesn't get any easier than that!

Drinking Shakeology every day can help you:*

- **Lose weight**
- **Curb cravings**
- **Support healthy energy**
- **Support digestion**
- **Support overall health and vitality**

Shakeology is super-convenient and easy to make. We included several delicious recipes in your Meal Planner to make it even easier for you to get all the great health benefits! But to really get the results, you need to drink it each of the 7 days.

You can do Clean Week without Shakeology, but you'd be missing out on a simple and delicious way to help you get better results with a new healthy habit. Shakeology is available exclusively through a Team Beachbody® Coach and Shakeology.com

“I drink Shakeology every day. It helps give me energy and nutrition, but best of all it helps keep my sweet tooth under control. I don't know what I'd do without it!”



*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.

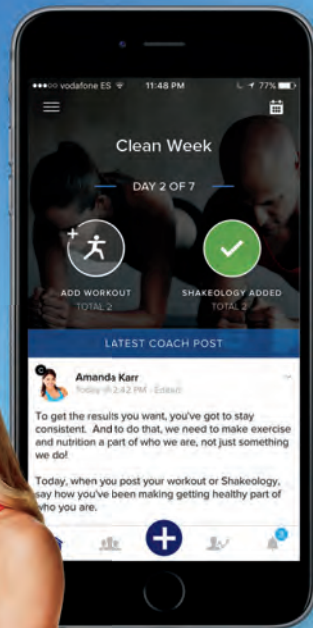
step

③ Peer support

We're With You All Week...And Beyond!

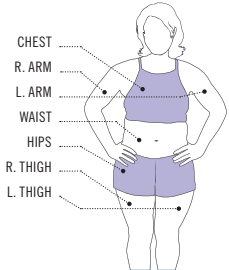
You're now part of a community focused on results. With Clean Week, you'll have access to your own Team Beachbody Coach, who can keep you on track for success by inviting you to join a Challenge Group, where he or she can support your progress using the **My Challenge Tracker app**. Have a technical question? Visit the Beachbody On Demand Community Boards where our Fitness, Nutrition, and Results experts provide answers whenever you need them. You'll find them at BeachbodyExpertAdvice.com.

This is the true difference at Beachbody. We know you're much more likely to succeed when you rely on a strong support system of like-minded people to encourage you, motivate you, and keep you accountable to your goals. That's why we're with you every step of the way—during your Clean Week and throughout the rest of your health and fitness journey.



Track your progress

MEASUREMENTS

	DAY 1	DAY 7
		
CHEST		
R. ARM		
L. ARM		
WAIST		
HIPS		
R. THIGH		
L. THIGH		
TOTAL INCHES		
WEIGHT		

You'd be surprised at how much you can accomplish in a week. Many Clean Week participants have lost up to 5 pounds, but even more important, they lost inches and report feeling better than ever. And that motivates them to keep going!

We included this Transformation Tracker to help you see how your body is beginning to change. So take **progress photos** and keep track of your **measurements**.

Consult your physician and follow all safety instructions before beginning this exercise program and eating plan.

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Clean Week doesn't stop here

How do you keep up your new healthy habits after Clean Week? With an **Annual All-Access Beachbody On Demand & Shakeology Challenge Pack**, everything you need for the next step in your journey at a huge discount!

Your Challenge Pack includes:

- **Your first 30-day supply of Shakeology**, which provides the “missing link” to healthy nutrition you don’t normally get from a typical diet
- **Your annual membership to Beachbody On Demand** that includes:
 - Hundreds of workouts, including low-impact, cardio, dance, yoga, and weight training
 - Workout calendars, nutrition plans, and sample meal plans
 - Flexibility to stream to your laptop, TV, tablet, or smartphone
- **Portion Fix**®, an easy-to-follow, portion-control container system that helps you lose weight and get healthy—and it works with almost any Beachbody program!
- **Your own personal Coach and community support**



Talk to your Team Beachbody Coach for details on how to get your Challenge Pack.

You will automatically receive monthly shipments of Shakeology and continue your Annual All-Access Beachbody On Demand membership which automatically renews. Cancel anytime to avoid future charges.