

Posting Calendar for Coaches: 2 posts /day! Using Hashtag: #PurposeDrivenNutrition

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1						
POST SHAKE Post your Before Picture & Goals	POST TEA Post a Recipe that you found from the "Client Support /Success Page" on Facebook	POST QUOTE Post why you have started your Herbalife Business	POST SHAKE Post a pic of you Sharing a Serving of your Herbalife Tea/Total Control with someone new & tag them in the post	POST TEA Do a Post Inviting a New Friend to workout with you or come to Fit Club with you! (Tag friend in post)	POST QUOTE Do a Post Sharing your favorite Herbalife Product & why you love it so much	POST SHAKE Post a Pic of your favorite on-the-go Healthy Protein Snack
Week 2						
POST TEA Post a picture of a Goal you want to Achieve	POST QUOTE Post a Pic of You Now OR a Before/After Pic saying: "REPEAT AFTER ME: My Current Situation is Not my Final Destination!"	POST SHAKE Attend the Online WLC Call at 8:15 pm EST & Post what you Learned from it Zoom ID: 975369837 Call: 1 646 558 8656	POST TEA Post a picture of your aloe and share what it does for you and why you love it so much	POST QUOTE Post a "Thankful Thursday" Video or Written post with a Picture.. explaining what you are Thankful for today!	POST SHAKE Share a Post from "Herbalife" FB/IG Page (it can be a video or other type of post from that page) AND say something about it in your share	POST TEA Post a video of you doing an exercise move
Week 3						
POST QUOTE Post the "I've got HW" Script: "Help! I have HW! I just enrolled in a Wellness Workshop Class and I need 10 guinea pigs!"	POST SHAKE Post your Progress Picture, Share what you are most excited about and Tag 3 Friends in the post	POST TEA Post a Recipe that you found from the "Client Support /Success Page" on Facebook	POST QUOTE Attend a Herbalife Business Opportunity or watch it online at: greatusabiz.com & Do a Post Sharing what excites you the most about it!	POST SHAKE Do a Post Inviting a New Friend to workout with you or come to Fit Club with you! (Tag friend in post)	POST TEA Post your Favorite Workout Activity, Class or exercise and explain why you love it	POST QUOTE Post Your Before & After Picture, Share How you feel and tag 3 friends
Week 4						
POST SHAKE Share a Post from "Herbalife" FB/IG Page (it can be a video or other type of post from that page) AND say something about it in your share	POST TEA Post a pic of you Sharing an Herbalife Product with someone new & tag them in the post	POST QUOTE Post a Pic of your Gallon Water Challenge	POST SHAKE Try a New Herbalife Product and Do a Post Telling Us Why you chose it!	POST TEA Post a "Thankful Thursday" Video or Written post with a Picture: explaining what you are Thankful for today!	POST QUOTE Post a Physical/Emotional Result you have achieved in the last 30 days and why you are excited about it!	POST SHAKE Share a Post from "Dr. David Heber" FB/IG Page AND say what you like (or learned) from it!