**5 Day Challenge FB Group [SET UP]**

This is a guide to getting your Facebook Challenge Group Set Up before you kick off your challenge.

Follow these instructions:

1. Click here to create your private Facebook Group: <https://www.facebook.com/groups/create/>
2. Go to “Group Settings” (you can find this on the left side of your group - scroll down)
3. Click on the first option “Name and Description”
4. Add your Challenge Name and the copy below (edit the copy below before doing so)
5. Facebook Privacy: Set to Private.
6. Web Address: Customise to your group name
7. Who can join the group: Select “Only Profiles”
8. Link to Page: Link To Your Business Page
9. Update Facebook Group Request Questions:
10. Are you a [Avatar]? - ie. Are you a Dad?
11. What is your 5 Day Goal?
12. Why is this important to you?
13. What have you tried in the past?
14. Update Facebook Banner: Use Canva to create your banner. Include the title of the challenge and the purpose of the challenge.

Website to bold or italic your text: <https://lingojam.com/BoldTextGenerator>

Website to insert line breaks between each paragraph: <https://www.apps4lifehost.com/Instagram/CaptionMaker.html>

**Description Section Copy:**

Welcome to our 5 Day Fitness Challenge! 💪🏼

Our group is all about empowering you to achieve your weight loss and muscle gain goals through expert guidance, practical tips, and empowering strategies.

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Get ready to set clear intentions for the week ahead and create a roadmap to success. Our powerful visualization exercise will help you dream big 💭 and set yourself up for success on this journey!

👉🏼 Day 2 - 💦Sweat, Build, Win!💪🏼 Achieve Weight Loss and Muscle Gain through Training!

Elevate your fitness game with our expert tips and techniques for effective training. We'll also share a little secret that most people aren't aware of, giving you the edge you need to push past those barriers and make progress towards your fitness goals. 🤫

👉🏼 Day 3 - 🍎Nutrition for Success!🏆 Powering Your Weight Loss Journey with Food!

Gain valuable insights and effective strategies to properly fuel your body for lasting and sustainable results. We'll guide you through your 5-day nutrition plan, providing in-depth discussions on the foods that are crucial for supporting your weight loss goals, as well as those that should be avoided. 🥑🥕

👉🏼 Day 4 - 🧠Transform Your Mind, Transform Your Body!💪🏼 The Inner Game!

Discover the essential internal shifts needed to achieve the body of your dreams and maintain long-term results. We'll delve into the power of mindset and discuss tactical steps to help you make the necessary shifts for success. 💭💥

👉🏼 Day 5 - 🗺️12-Week Weight Loss Roadmap: Your Guide to Lasting Transformation!

Our personalized plan is designed just for you, exploring your 12-week goals and walking you through a step-by-step process that will set you on the path to achieving your dream body. 🚀🎉

🚫 Group Rules:

Be respectful and supportive of all members 😊

Keep discussions on topic and relevant to the challenge 🗣️

No spamming or self-promotion ❌

Join our group today and let's embark on this personal transformation journey together! 💪🏼🎉

**Welcome Post**

🎉 Get Ready for a Life-Changing 5 Day Fitness Challenge! 💪🏋️‍♀️

Welcome to the 5 Day Challenge **[Insert Challenge Name Here]**! Our group is all about helping you achieve your weight loss and muscle gain goals through expert guidance, practical tips, and empowering strategies.

Starting on **[Date]**, you'll receive a daily message from me, including a link to join my LIVE workshops and access resources that will help you **[INSERT THE GOAL FOR YOUR 5 DAY CHALLENGE]**.

Each day, I'll provide you with the tools and resources you need to succeed during the 5 days and beyond. My strategies are tactical and effective, and if applied, will help you **[INSERT THE GOAL FOR YOUR 5 DAY CHALLENGE].**

But this isn't just any fitness challenge - it's an experience. And to make the most of it, you'll need to complete a few tasks before we start:

🎥 Introduce yourself in a Facebook LIVE video in this group, and share why you've joined this experience. 🙋‍♀️🙋‍♂️

📺 Watch the workshop video live or the replay in this group each day, and then launch a Facebook LIVE video sharing your key takeaways. 📹🤳

📣 Share a testimonial at the end of the 5 days, and let others know how this experience has impacted your life. 🗣️💬

👯‍♀️ Bring a friend! Share the link to our landing page with someone you know who would benefit from this amazing experience. 👫👭👬

If you have any questions, feel free to reach out to me. I'm here to support you every step of the way! 💪

Get ready to transform your body and your life. See you on the challenge! 🎉