**SUGGESTED TEXTS TO SEND OUT TO ARBONNE30 CLIENT**

**Day 3:**

Don't forget that detox teas and fizzies are your best friends, especially these next two days. Your energy may be down without them. That's normal because your body is releasing toxins and flushing them out the more you drink. You're doing great!!!

And don't be afraid to bulk up your shakes to make them more filling! Almond butter, spinach, coconut oil, avocado, etc. Frozen fruit is great too!

**Night 3:**

How has day 3 been? I'm so proud of you for hanging in there! The first 3 days are always the hardest. But you are almost past the worst of it. You've got this!!!

What's been your favorite shake so far? I’d also encourage you to post on Facebook that you are doing this so maybe you can encourage someone out there to take the step to get healthier too. You can even post pictures of your fun recipes or shakes. Tag me so I can see too.

**Day 4:**  
Happy day 4! Today should be a big turning point for ya. 🙂 Are you eating every 3-3.5 hours? How’s your hunger? Are you able to power through with liquids or does a light snack in between meals help take the edge off? Do you feel satisfied?

**Day 7:**  
What's for dinner? Any questions about how to navigate your eating out? 🙂

Preparation is key, so if you are going to be around some not-so-friendly food, eat before you go, maybe half a shake. Bring some snacks with you and fill up a big cup of strawberry/lemon water. Add a pomegranate fizz - yummy! I can’t wait to hear your results tomorrow with one week under your belt!!

**Day 8:**

**Congrats** you complete one full week!!! How are you feeling? What's been your favorite Arbonne30 friendly meal so far? Today is weigh and measure day so don't forget to get that to me before you eat or drink anything this morning!! So looking forward to hearing about your non scale victories!

**Day 8 NIGHT:**

I am so proud of you!!! Your non scale victory will help so many people!! Would you mind posting it on my personal page and tagging Vida Ice since she is the facilitator! It is always so great for everyone to hear what you have been struggling with and what you have done to overcome those obstacles!! So proud of you!! Onward t Week 2!!!

**Day 11 night:**

How's it going rockstar? Have you had a chance to exercise yet? I want to encourage you to start if you haven't done so already- at least 30 minutes, then work your way towards an hour. Be sure t incorporate strength training too! Let me know what exercise you will do tomorrow!

**Day 14:**

Congrats on just about hitting the halfway mark!!!! Ready for the cleanse tomorrow? Just drink one cleanse packet mixed with 32 oz of water per day. You can add a fizz stick and some lemon if needed. Make sure you drink an additional 32 oz of water as well. I like to use half a packet and drink 32oz by noon and the remainder by the end of dinnertime. Be sure to check out all the posts on this product!

**Day 15:**  
Happy week 3! Remember that slow in = slow out with the cleanse. 😉  
It's normal to have week 1 symptoms all over again as the last of the toxins are being released. So if that starts to happen just hang in there! 🙂  
Also, keep me posted on BMs. Sorry. Gross, I know. But if you start to feel backed up I need to know so I can help with suggestions to keep things a movin'.

**Day 17:**

What's been your big a-ha so far? Any positive comments from friends or family? Has anyone shown interest in what you’re doing? The next group is about to start soon. They can get a huge discount, and YOU will get a free box of fizzies for the referral. Just let me know who and I can get them more info and some samples. 🙂

**IN RESPONSE:**

Since you’re already referring people, we should chat about upgrading you to Consultant. This way, you can get paid on your referrals. Have you ever thought about doing something like this?

**Day 19:**  
Super proud of you! This program takes discipline and commitment. It’s all about progress and what we learn and then use moving forward. What are two NEW ideas that you will incorporate from this point forward?

**Day 22:**  
Happy week 4!!! You survived the cleanse! Woop woop! 🙂 You are probably starting to get low on your products. You get FREE shipping and a FREE gift on your next purchase of $150 or more.

Will you be continuing on for another month or going into reintegration 80/20 mode? Most people get another Nutrition Value Pack either way because it’s 40% off plus free shipping and most people continue to use the products. I use the protein powder for the yummy protein bars, too, lol. Or, if you want to try some other items, like PhytoSport for example, we can do that too!

**IF RE-INTEGRATING**  
Be sure to check out the reintegration files on the FB group. They will help you a lot! We want to slowly bring those acidic, allergenic, and addictive things back in ONE AT A TIME to find out what truly doesn't serve YOUR body.

**Day 23:**

Just 5 more days! How are you feeling? I would love some feedback on your favorite recipes.

**Additional suggestion for Day 23 for your BL participants:**

Hey there! Our team is hosting a [#30DAYMOVEMENT](https://www.facebook.com/hashtag/30daymovement?source=note&epa=HASHTAG) group about our Arbonne30 program and I am super excited about it as there are prizes to be won!!! You have done so well with this and I know it would inspire folks for our next group in Feb! The theme is …. Anyhow, if I add you to the group would you hop on and check it out? If you refer folks you could WIN… if they purchase their set!!! \_\_\_\_will be doing a FB live about it in the group on Monday. What do you think?

**Day 25:**  
Home stretch! You’ve got a little something headed your way in the mail, so be on the lookout. I’m so proud of you!

**MAIL GIFT!!!** *(I like to mail out an RE9 Sample Pack and a few protein bars or chews to try).*

**DAY 30:**

CONGRATS you did it!! I am so, so proud of you!!!! What's been your biggest win? Be sure to post or send your “after” photo and don’t forget to share your testimony about your experience on your personal Facebook profile *(and please tag me).* You’ll be amazed at how many people you have the opportunity to inspire!

Will you be joining us for the next challenge? If so, please ask your friends and family members to JOIN YOU!! Your referrals are so appreciated as we truly want to help people Iive their healthiest lives!! Of course, when you refer, they save 40% on their set, and you could potentially earn some deeper discounts, and I can gift you with one of your fav products! What do you think?