



21 OF THE BEST ATTENTION- CATCHING LEAD MAGNETS

for Fitness Coaches



1

7 Day Meal Plan & Recipes

It's helpful for customers to see the simplicity laid out for them so they realize they can take on a lifestyle of healthy eating!

- Create different options that correlate with Ultimate Portion Fix, 2B Mindset, and just general clean eating
- Add in recipes and grocery lists to meal plan

2

Top 10 Personal Development Books & Podcasts

Beachbody is a big promoter in personal development. Not just for coaches, but for challengers, too. Share some of the ways personal development has changed your life.

- Create a list of books and podcasts that provide lifestyle inspiration and motivation, as well as tips for setting and reaching goals



3

“Own Your Morning” Guide

A solid morning routine is SO important for setting up your day for success and knocking out your goals right away in the morning.

- PDF of tips on how to create a morning routine that leaves you energized and ready for the day
- Provide daily journal prompts for self-reflection each morning

4

21 Days of Self Care Challenge

In order to live your happiest and healthiest life, you have to ensure you're doing the things that bring you joy. You can't pour from an empty cup. Fill yours first, so you can fill others!

- Create a PDF of 21 ways to practice self-care
- Exercise, getting outside, reading, listening to music, stretching, face mask, etc.



5

What BOD program is best for you? Quiz

Coaches get asked all the time, “What program do you recommend for me?” Quizzes are fun and will make your customers feel like they are getting a solution that is tailored totally to their needs!

- Create a quiz that asks potential customers what kind of exercise they enjoy or are looking to start, how much time they have each day to allot for exercise, what they want to improve on in their nutrition, etc. Provide daily journal prompts for self-reflection each morning
- End result provides a BOD workout program and nutrition plan that would be best for them according to the options they selected



6

Hydration Tracker and Guide

To get results, drinking water is essential. Inform your customers why drinking water is important and give them a cute tracker to help them log their ounces!

- Create an editable PDF that allows customers to track their daily water intake
- Include benefits of proper hydration, signs up dehydration, and fun “tips” for getting your water in for the day - Adding fruit like lemon or strawberry, starting early in the morning, drinking from a clear container, etc.

7

10 Healthy Snack Recipes

Because that afternoon pick-me-up is essential! There are tons of families out there looking for healthy snack options. No more chips - pass the carrots and hummus, please!

- Incorporate snacks that the whole family would enjoy - “Kid approved”
- Tailor this to the corresponding season
- Include Beachbody options such as Beachbars and Shakeology



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Accountability Tracker

Who doesn't love checking the boxes and staying on track?

- Create a checklist of daily tasks to be completed to reach their health and fitness goals - Workout, personal development, water intake, sleep, nutrition
- Could also provide an area for them to rate each day or week overall. Include questions such as:
 - How was your mindset this week?
 - How would you rate your effort during workouts?
 - How on track was your nutrition?



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10 Tips for Better Time Management

Coaches hear the objection, "I don't have time." ALL the time.

- Create a PDF of time saving tips and hacks to make time for reaching your goals.
- Meal planning and prepping, getting your workout in before the rest of the house is awake, creating a daily to-do list, avoiding "scrolling" throughout the day, etc.

10

7 Days of Free BOD Workouts

Everybody loves to have a taste of what they're getting into before signing up!

- Email video links to free daily BOD sample workouts - almost every newer program has a free sample workout available on Vimeo to share!



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A Beginner's Guide to Getting Healthy with BOD - FAQ

There are a lot of aspects to Beachbody on Demand. Share basic questions that you once had as a customer or coach signing up.

- Share basic information about what BOD has to offer such as:
 - The variety of workouts
 - Shakeology
 - Performance Line
 - Digestion/Energy Supplements
 - Ultimate Portion Fix and 2B Mindset
 - Nutrition + Membership
 - The new BODi option coming out



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25 of the Best Shakeology Recipes & Treats

Not everybody is a “shake gal,” but everybody can benefit from Shakeology. Provide different options that still allow them to get their superfoods in.

- Include recipes for shakes, energy balls, popsicles, mug cakes, etc.

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Your Go-To Guide for Starting an At-Home Business

For anyone who is curious about becoming a coach! Think to yourself, “What questions did I have when I signed up as a coach?”

- Include FAQs regarding:
 - How to sign up as a coach
 - How coaches earn money
 - What the requirements are for maintaining your coach account
 - All questions regarding becoming a coach



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4 Ways to Boost Your Energy

Beachbody has several supplements that help boost energy, including Shakeology by itself! Provide some information on how it's all natural and lasts all day long.

- Create a PDF of information about Energize, Shakeology, Focused Energy: Bevy, Shakeology Boost: Focused Energy.
- Discuss the benefits of each, how the caffeine is from all natural ingredients, when to drink them, etc.

15

7 Areas of Wellness Reflection Guide

Getting healthy doesn't just mean physically. There are 7 areas of wellness that everyone should focus on to truly be "living their best life."

- Physical
- Emotional
- Social
- Spiritual
- Financial
- Intellectual
- Occupational
- Create reflection questions or rating scales to complete for each area



16

The Survival Guide to Staying on Track in Social Settings

People get so comfortable with their workout and nutrition routines, and then social gatherings can really throw them off track. How can you help them overcome the stress of going to eat out or at a social gathering?

- Tips and tricks for eating out and at family/friend gatherings
 - Get your superfoods in beforehand to curb cravings
 - Avoid “grazing” - Fill your plate and be done
 - Drink plenty of water while there
 - Look at the menu beforehand
 - All your best advice to enjoy the outing, but stay on track!



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7 Reasons Why You're Not Losing Weight

Headlines like this really stick out to people because it's such a common topic that's discussed. Provide factual information!

- Include factors besides just exercising, such as:
 - Not enough sleep
 - Stress
 - Not enough fiber in your diet
 - Poor hydration
 - Lack of support/accountability
 - Alcohol
 - Not eating enough or Eating food groups out of balance
 - Provide information as to why these things help with your transformation



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30 Days of Positive Self-Affirmations

Let's Get Up and Barre Blend are especially 2 programs that focus on body positivity and loving yourself where you're at in your journey. Everyone can benefit from speaking kindly to themselves!

- Create a PDF for daily affirmations for building confidence, self-love, decreasing stress and anxiety, mindfulness, goal setting, etc.

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10 Ways Your Lifestyle is Affecting Your Skin

Society makes us believe that we should be buying all the fancy creams and skin care products. Let your customers know that their health and nutrition impacts their skin immensely.

- Give best tips and factual information about how to keep your skin healthy from the inside out
- Discuss how these things could be affecting your skin:
 - Water
 - Sleep
 - Types of essential Vitamins that are good for your skin and what foods to eat to get those Vitamins
 - Vitamin A, C, E, etc.



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Your 5-Step Plan to Getting “Back on Track”

You start off strong with your health and fitness goals, follow off the wagon, and then need some motivation to get back out there. We’ve all been there! Help your customers get back on track with this PDF.

- Create a 5-step plan for those who are looking to get back on track with their health and fitness
- Include steps/tips such as:
 - 1. Establish a goal
 - 2. Get an accountability partner
 - 3. Choose what kind of exercise you enjoy and how much time you have for exercise
 - 4. Set a nutrition plan in place
 - 5. Execute - Check in daily or weekly!



21

21 Reasons to Move Your Body Everyday

A lot of people believe that exercise is something you do to lose weight, when in reality it's essential to our survival and overall well being. Show your customers that exercise isn't all about weight loss!

- 21 benefits of exercise - endorphins/lifts your mood, alleviates stress and anxiety, better sleep, builds muscle, can lower blood pressure, etc.

LET'S CONNECT!



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