

# COACH MONICA'S

## 21 Day Fix Getting Started Guide



FREE 21 DAY FIX Meal Plan.  
( [getfitwithmonica.com](http://getfitwithmonica.com) )



COACH MONICA  
BEFORE



COACH MONICA  
AFTER

### By Coach Monica Koon

Founding Beachbody Coach • 21 Day Fix Specialist

My goal is help maximize your results with the 21 Day Fix by keeping it simple and giving you the tools you need to succeed.

### HOW TO GET STARTED:

1

#### PRINT EVERYTHING

The menus, grocery list & Daily Success Schedule

2

#### READ THIS

[How to Get Started on the 21 Day Fix](#)

3

#### JOIN THE FAMILY

[Coach Monica's 21 Day Fix Family](#)

4

#### CHECK YOUR INBOX

Respond to my private Facebook message!

{ protein }

{ extras }

{ carbs }

{ veggies }

{ healthy  
fats }

{ fruit }

## 1. Print Everything

Click on the PRINT buttons at the bottom of the page for printable versions of the menus, Daily Success Schedule, and grocery list. Following my Daily Success Schedule will get you SERIOUS results in a MUCH shorter time!

## 2. “How to Get Started on the 21 Day Fix”

READ MY “HOW TO GET STARTED ON THE 21 DAY FIX” BLOG POST CAREFULLY! It includes 7 steps to take so you can take the plunge without drowning—PLUS tips on keeping it simple and links to learn more.

## 3. Join my Fix Family Facebook Group

## ABOUT ME

I am a mom, former elementary school teacher, and one-half of a dynamic Team Beachbody coaching team. Back in 2003, I was personally invited to be one of the founding coaches as a result of my passion for the amazing products that were the final solution to my weight problem. Today, I specialize in the 21 Day Fix.

Coaching is an act of giving...and an attitude. I am a ball of positive energy and LOVE to encourage people! No matter who you are and where you are in your health and fitness process, we will be on this journey together.

Being a part of a fitness and nutrition accountability group has been proven to help people reach their goal. My private 21 Day Fix Family group is much different than a Like page—it’s an active and safe place for those who have me assigned as their Beachbody Coach to post their successes, struggles, questions, and tips AND get feedback from other Fixers who totally get it. It’s also where I announce new blog posts, Beachbody sales, fun challenges AND do Live videos to re-center, educate, and motivate you!

## 4. Check Your Facebook Inbox

I communicate with my customers through Facebook messages. After I add you to my Fix group, you’ll get a Welcome message (check your Message Requests folder!). Connecting with me is a key part of your process and a requirement of membership in the group as it shows me you are serious about your goals!

