



ASPATA

November 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
	Monday Motivation (6AM)	PROMO OF THE MONTH MONTH LONG CHALLENGE	FB LIVE MORNING CLASS (INTRO PEEPS) ANNOUNCE COMMUNITY EVENT	NUTRITION TIP	PERSONAL STORY	
6	7	8	9	10	11	12
Excitement Builder (10AM)	Monday Motivation (6AM)	FITNESS TIP	INTRO THE NEW MEMBERS	NUTRITION TIP	MEMBER STORY	FB LIVE SAT CLASS (INTRO PEEPS)
13	14	15	16	17	18	19
Excitement Builder (10AM)	Monday Motivation (6AM)	RE-OFFER PROMO	FB LIVE EVENING CLASS (INTRO PEEPS)	NUTRITION TIP	A FAILURE STORY AND OVERCOMING IT	
20	21	22	23	24	25	26
Excitement Builder (10AM)	Monday Motivation (6AM)	THANK A MEMBER(S)	SPOTLIGHT A MEMBER BUSINESS	NUTRITION TIP	SOMETHING AWESOME THAT HAPPENED IN THE GYM THIS MONTH	FB LIVE
27	28	29	30			
Excitement Builder (10AM)	Monday Motivation (6AM)	FITNESS TIP	CLIENT OF THE MONTH OR TESTIMONIAL			
	Notes:					
	Exercise tips include little tricks or skills. Nutrition tips are recipes, ways to boost health, simple snacks or late nite snacks. Workout of the week should be doable for at home or the gym.					