

USING IGNITE: (after posting, leave and do no other posts for at least 3 hours)

The day you buy: “ I am so excited...I just bought my IGNITE!”

The day your box arrives (if ordered & not picked up on the spot): “Super cool...my IGNITE arrived....can’t wait for tomorrow!”

Day 1: My IGNITE journey begins today....here’s to the new me!

Day 2: WOW! I had so much energy today....I cleaned the attic, and weeded the yard!

Day 3: This IGNITE rocks....yesterday I weeded and today I have zero aches or pains...that has never happened in 20 years.

Day 4: Couldn’t believe my eye...I’ve dropped 6 lbs in my 1st 3 days...this stuff ROCKS..love my IGNITE!

Day 5: Can’t believe all the great REAL food I get to eat with my IGNITE....i am stuffed!

Day 6: Had to dig thru my closet for a belt...my pants are loose...

Day 7: Enjoyed a huge taco salad today....and looking forward to my steak dinner tonight!

Day 8: Pulled out a shirt today that was in “storage” in my closet...I see me coming back...the IGNITE is re-shaping me!

Day 9: Ta-DA...final 8-day results...I dropped ___ Lbs and ___ inches..and I FEEL amazing...like I have my Life back...thanks to my sponsor _____ who told me about IGNITE!

IF you are not doing IGNITE or have done it in the past: (after posting, leave and don't post for at least another 3 hours)

Day 1: I am so excited about my new adventure...the sun is shining today!

Day 2: Wow...I have never felt so welcomed in my life! The support from my new friends is amazing! So thankful and can't wait to see what the rest of the day brings!

Day 3: This rocks! I have so much energy, and get to chit chat with new and old friends all day...and I get paid to do it! Ahhhh....Freedom feels good!

Day 4: Bam! Another life changed...check this out (post a photo of a before and after that you like and that fits the target market of your facebook followers)

Day 5: "Nothing Becomes Dynamic, until it becomes specific" - Dani Johnson...I have a plan, I am ready to go, and today is going to be Dynamic...you with me? I hope your day is too!

Day 6: I've been challenged this week to answer this question: Why? So, I'm curious how you would answer the question: Why do you do what you do?

Day 7:WooHoo! Another life changed! So proud of (insert name of a story you like OR a new sign up that you have)

Day 8: Wow...1 week in to my amazing journey and here it is...(insert number) of lives already changed and (dollar amount) extra in my bank account! Amazing! Amazing people, Amazing company, Amazing products! Who's ready to live life...only better? (PM me if you want to know what the heck I'm up to!)