

GROUP NAMES FOR YOUR LEADS

🔥 High-Energy & Motivational

- 1 Fit & Fearless 💪🔥
- 2 Rise & Shine Warriors ☀️✨
- 3 Power Up Your Health ⚡️🏋️
- 4 Hustle for Health 🚀
- 5 The Transformation Tribe ☀️
- 6 Sweat Now, Shine Later 💦✨
- 7 Breakthrough Fitness 100
- 8 Limitless Wellness 💪🔥
- 9 No Excuses, Just Results ✅
- 10 Energy & Elevation 🚀

- ◆ Health Hustlers 🏆🔥
- ◆ Stronger Every Day 💪100
- ◆ Powerhouse Transformation ⚡️
- ◆ The Motivation Squad ✨🏋️
- ◆ Commit to Be Fit ✅🔥
- ◆ Transform & Conquer ☀️
- ◆ One Step Closer to Fitness 🏃💪
- ◆ Mindset & Muscles 🧠💪
- ◆ The 1% Better Club 🚀
- ◆ Your Best Self Starts Here ☀️

- ◆ Fearless Fitness Warriors 💪🔥
- ◆ Strength in Motion 🏋️⚡️
- ◆ Fuel Your Fire 🔥🚀
- ◆ Beyond Limits 100💪
- ◆ Health is Wealth 💰🌱
- ◆ Level Up Fitness 🏆🔥
- ◆ Your Body, Your Power 💪💡
- ◆ Elevate & Dominate 🚀100
- ◆ Hustle Hard, Stay Fit 💪💦
- ◆ The Ultimate Fitness Club 🏋️☀️

💡 Transformation & Lifestyle

- 1 Shape Up & Shine 🌟
- 2 Wellness Awakening ✨🌿
- 3 Mind, Body & Soul Reset 🧘💪
- 4 The Glow-Up Journey 🌟🔥
- 5 Transform & Thrive 100 🌱
- 6 The New You Project 🚀
- 7 Body, Mind & Success 🌿💰
- 8 Unstoppable Fitness 💪🔥
- 9 Revive & Thrive 🌟🧘
- 10 Elevate Your Health 🚀✨

- ◆ Fit for Life 100 🏆
- ◆ Become Your Best Self 🌟💪
- ◆ The Lifestyle Upgrade 🏆✨
- ◆ One Habit at a Time 🌱🔥
- ◆ The Wellness Shift 💡🌿
- ◆ Success Starts with Health 🚀💪
- ◆ Recharge & Reset ⚡🌟
- ◆ The Healthy Habit Hub 🧘✨
- ◆ The Growth Mindset Crew 🚀100
- ◆ The Fit & Fabulous Club 🏃🔥

- ◆ Make the Shift 🔥💪
- ◆ The Fitness Manifest 🚀💡
- ◆ Break Free & Transform 🌿🔥
- ◆ Dream, Believe, Achieve 🏆✨
- ◆ The Lifestyle Revolution 💪🌱
- ◆ Body & Mind Synergy 🧠💪
- ◆ Sweat. Transform. Repeat. 🔥🚀
- ◆ The Ultimate Body Makeover 100 💪
- ◆ Revamp Your Health 🌟🔥
- ◆ Fitness & Freedom 🏆✨

- ◆ Fearless & Fit Warriors 💪🔥
- ◆ Your Health Comeback 🚀100
- ◆ The Self-Care Project 🌱💡
- ◆ Thrive Mode ON 🔥100
- ◆ The Power Within 🌟💪
- ◆ Unleash Your Potential 🚀🔥
- ◆ 90 Days to Greatness 🏆✨
- ◆ Balance, Strength, Success 🌿💪

- ◆ The Fit Lifestyle Movement 🚀🔥
- ◆ Awaken the Champion 💪🏆

- ◆ Glow & Grow Club ✨🌿
- ◆ The Energy Boost Tribe ⚡💡
- ◆ Train Smart, Live Strong 🏋️🔥
- ◆ From Struggle to Strength 🚀💪
- ◆ Wellness Warriors 🏆100
- ◆ Reinvent Yourself ✨🔥
- ◆ Reset & Rise ✨🚀
- ◆ Burn Fat, Build Confidence 💪100
- ◆ The Winning Mindset Club 🏆🔥
- ◆ Fitness First, Excuses Last 💪🚀

- ◆ Stronger, Healthier, Happier 100🔥
- ◆ The Hustle for Health 💪✨
- ◆ Ignite Your Fitness Goals 🔥100
- ◆ Own Your Health Journey 🚀🏋️
- ◆ Body Goals & Beyond ✨🔥
- ◆ Sweat, Smile, Repeat 💪😊
- ◆ Reclaim Your Energy ⚡💡
- ◆ Fast-Track to Fit 🏋️🚀
- ◆ Peak Performance Tribe ✨100
- ◆ Healthy Mind, Healthy Body 🧠💪

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POLL IDEAS FOR GROUPS

🌿 General Health & Wellness Challenges

1️⃣ **What's your biggest health challenge right now?**

- Weight management ⚖️
- Skin & hair issues ✨
- Stress & mental health 🧘
- Low energy & fatigue ⚡

2️⃣ **What is stopping you from achieving your health goals?**

- Lack of motivation 😞
- No time for workouts ⌚
- Unhealthy eating habits 🍕
- Stress & poor sleep 🛌

3️⃣ **Which aspect of your health do you want to improve first?**

- Better sleep 😴
- More energy ⚡
- Weight loss 🔥
- Clearer skin ✨

4️⃣ **What's your biggest struggle with healthy habits?**

- Staying consistent ↻
- Finding time ⌚
- Lack of knowledge 📖
- No motivation 😞

5️⃣ **Which area of your health are you neglecting the most?**

- Diet & nutrition 🥗
 - Physical activity 🏋️
 - Mental well-being 🧘
 - Self-care & relaxation 🧖
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🏋️ Fitness & Weight Loss Challenges

6 What is your biggest struggle with weight loss?

- Emotional eating 🍫
- Slow metabolism 🔥
- Inconsistent workouts 🏋️
- Lack of knowledge 📖

7 Why do you find it hard to stay consistent with workouts?

- No time ⌚
- No motivation 😞
- Don't enjoy exercise 🚶
- Not seeing results 😞

8 What's stopping you from starting a fitness routine?

- No time ⌚
- Lack of guidance 📖
- Joint pain or body aches 🤕
- Not sure where to start ?

9 What's your favorite way to stay active?

- Gym workouts 🏋️
- Yoga/Pilates 🧘
- Walking/Jogging 🚶
- Home workouts 🏠

10 What's your biggest struggle when it comes to eating healthy?

- Cravings for junk food 🍕
 - No time to cook ⌚
 - Confusion about what's healthy 🤔
 - Emotional eating 🍫
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😴 Sleep & Stress Management

11 What affects your sleep quality the most?

- Overthinking & stress 🤯
- Late-night screen time 📱
- Irregular sleep schedule ⌚
- Poor diet & lifestyle 🍔

12 What's your biggest stress trigger?

- Work pressure 📁
- Family & relationships 👨‍👩‍👧
- Financial issues 💰
- Health problems 🏥

13 What do you do when you feel stressed?

- Overeat 🍕
- Watch TV 📺
- Exercise 🏃
- Meditate 🧘

14 How do you usually relax after a long day?

- Netflix & chill 🎥
- Exercise/Yoga 🧘
- Reading 📖
- Music & meditation 🎵

15 What's your biggest challenge in managing stress?

- Can't control negative thoughts 😞
 - Always feel overwhelmed 🤯
 - No time for relaxation ⌚
 - Don't know where to start ?
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👤 Self-Care & Lifestyle Habits

16 What's stopping you from prioritizing self-care?

- No time ⌚
- Feel guilty putting myself first 😞
- Don't know what self-care means 🙄
- Not a habit yet ↻

17 How do you usually practice self-love?

- Positive affirmations 📝
- Exercise & healthy eating 🏃‍♀️ 🥗
- Relaxing activities (massage, skincare) 🧖‍♀️
- Spending time with loved ones ❤️

18) What habit do you want to improve the most?

- Drinking more water 💧
- Eating healthier meals 🥗
- Sleeping on time 😴
- Exercising regularly 🏃‍♀️

19) How do you feel about your daily energy levels?

- Always tired 😞
- Energy is up and down 🔄
- I feel energetic most days ⚡
- Supercharged and ready to go! 🚀

20) What's your biggest time management challenge?

- Prioritizing health & fitness ⌚
 - Work-life balance 📁
 - Managing stress & relaxation 🧘‍♀️
 - Staying focused & productive 🎯
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21) What's your biggest skin concern?

- Acne & breakouts 😞
- Dry or dull skin 🌵
- Wrinkles & aging signs ⌚
- Dark spots & pigmentation 🟤

22) What affects your skin the most?

- Diet & hydration 🥗💧
- Sleep & stress 😴😫
- Hormonal changes ↻
- Skincare routine 🧴

23) What's your biggest digestion issue?

- Bloating & gas 🎈
- Acidity & heartburn 🔥
- Constipation 🚽
- Weak gut health 🤒

24) How often do you feel bloated?

- Every day 😞
- A few times a week ↻
- Rarely 🙄
- Never! 😊

25) What's your biggest challenge in drinking enough water?

- Forget to drink 💧
- Don't like the taste 🚫
- Not a habit yet ↻
- Don't feel thirsty often 🙄

26) How often do you experience sugar cravings?

- Every day 🍫
- A few times a week 🍪
- Rarely 🥦
- Never! 🚀

27) How many hours do you sleep on average?

- Less than 4 hours 😞
- 4-6 hours ⌚
- 6-8 hours 😊
- More than 8 hours 😴

28) What's your biggest health goal for the next 3 months?

- Lose weight 🔥
- Build muscle 💪
- Improve skin & hair ✨
- Reduce stress & sleep better 😴

29) What's stopping you from making a lifestyle change?

- Lack of motivation 😞

- Don't know where to start ?
- No time ⌚
- Struggle with consistency ↻

30 What would help you stay on track with your health goals?

- A supportive community 👥
- Step-by-step guidance 📖
- Personalized coaching 💪
- More time & motivation ⌚ 🔥

VOICE NOTE SCRIPT FOR NURTURING IN GROUP

Day 1: Mindset for a Healthy Lifestyle

"Hey [Name], healthy lifestyle ek mindset se shuru hoti hai! Jab tak aap apne goals ko properly set nahi karte, tab tak results nahi milte. Chhoti-chhoti consistent changes, jaise daily thoda walking ya healthy snacks ka choice, zyada long-term results denge. Aaj se ek chhoti si habit kaunsi apni daily routine me add karna chahoge?"

Day 2: Hydration Matters

"Pani kam peene se aapki energy low ho sakti hai aur body ka metabolism bhi slow ho sakta hai. Aapko daily 8-10 glass paani zaroor pina chahiye, aur wo bhi natural sources se, jaise coconut water ya fruit-infused water. Aap apne daily water intake ko kaise track karte ho?"

Day 3: Balanced Meals

"Healthy eating ka ek simple rule hai—balance! Har meal me aapko protein, healthy fats, fiber aur complex carbs hona chahiye. Jaise brown rice, veggies, lean meats aur fruits. Aapke daily meals mein kaunse nutrients zyada missing lagte hain?"

Day 4: The Power of Protein

"Protein ek essential macronutrient hai jo muscle growth, repair aur weight management me madad karta hai. Agar aap vegetarian ho, toh daal, tofu, paneer, aur legumes se protein le sakte ho. Aap apni diet me kitna protein include karte ho?"

Day 5: Sleep & Recovery

"Neend kaafi important hai, kyunki body recovery karte hai jab hum so rahe hote hain. 7-9 ghante ki achi quality sleep lene se metabolism tez hota hai aur cravings bhi control mein rahte hain. Aap apni neend ka routine kaise maintain karte ho?"

Day 6: Gut Health & Digestion

"Aapke gut ka health aapke overall wellness ko affect karta hai—ye digestion, immunity aur mood sabko impact karta hai. Probiotics aur fiber-rich foods, jaise dahi, sauerkraut, aur oats, gut ko support karte hain. Kya aap apne gut health ko improve karne ke liye probiotics ya prebiotics consume karte ho?"

Day 7: Stress & Weight Gain

"Jab stress hota hai, toh body cortisol release karta hai, jo weight gain ko trigger kar sakta hai, especially belly fat ke form mein. Stress ko manage karne ke liye meditation, deep breathing, aur yoga bahut effective hain. Aap apna stress kaise manage karte ho?"

Day 8: Healthy Snacking

"Snacking zaroori hai, lekin healthy snacks choosen honi chahiye! Nuts, seeds, fruits, aur yogurt healthy options hain jo aapko full aur energized rakhte hain. Aapko snacks ka kaunsa option sabse zyada pasand hai?"

Day 9: The Role of Omega-3

"Omega-3 fatty acids heart health, brain function, aur inflammation ko reduce karte hain. Fatty fish, flaxseeds, walnuts, aur chia seeds omega-3 se rich hote hain. Aap omega-3

supplements le rahe ho ya natural foods se lena pasand karte ho?"

Day 10: Sugar & Cravings

"Excess sugar cravings ko increase karta hai aur long-term weight gain ka reason ban sakta hai. Apni sugar intake ko dheere-dheere reduce karna aapke health ke liye better hai. Aapko kab aur kis time par sugar cravings feel hoti hain?"

Day 11: Importance of Strength Training

"Strength training sirf muscles ke liye nahi hota, ye metabolism ko boost karta hai, bone health improve karta hai aur aapki overall fitness ko enhance karta hai. 2-3 baar strength training karne se aap zyada effective results dekh sakte ho. Aap apni weekly routine me strength exercises include karte ho?"

Day 12: Walking for Health

"30 minutes ki brisk walking har din heart health ko improve karne ke liye best hai. Isse calories burn hoti hain aur aapka mood bhi better hota hai. Aap daily kitne steps walk karte ho, aur kabhi try kiya hai walk ke dauran nature enjoy karna?"

Day 13: Magnesium for Relaxation

"Magnesium relax karne ke liye ek great mineral hai jo aapke body ko sleep mein help karta hai aur muscle cramps ko reduce karta hai. Aap magnesium-rich foods, jaise nuts, seeds aur dark chocolate apni diet mein include karte ho?"

Day 14: Morning Routine for Energy

"Ek achhi morning routine din ki shuruat mein energy boost karti hai. Subah uthkar thoda stretching, warm water with lemon, aur healthy breakfast lena zaroori hai. Aap apne din ki shuruat kaise karte ho?"

Day 15: Fast Food vs. Home Cooked Food

"Junk food zyada process hota hai aur aapke body mein inflammation badha sakta hai. Ghar ka bana healthy khana, jo aapne khud prepare kiya ho, digestion aur health ke liye best hai. Aap home-cooked meals ko kitna prefer karte ho?"

Day 16: Portion Control

"Portion control se aap apne calorie intake ko regulate kar sakte ho bina kisi extreme dieting ke. Plate par portion size chhota rakhna weight loss aur digestion mein madad karta hai. Aap apna portion size kaise manage karte ho?"

Day 17: Detoxing Naturally

"Body naturally detoxify hoti hai jab aap apne diet mein fruits, vegetables, aur fiber-rich foods add karte ho. Water, lemon, and green tea bhi detox ke liye excellent hai. Kya aap detox drinks apni routine mein include karte ho?"

Day 18: Eating Mindfully

"Mindful eating se aap apne food ke saath connection bana sakte ho, jo overeating ko prevent karta hai. Jab aap kha rahe hote ho, us moment ko fully enjoy karna zaroori hai. Aap apne meals ke dauran mindful eating practice karte ho?"

Day 19: Importance of Vitamin D

"Vitamin D ko aapke bones, immunity aur mood ke liye zaroori hai. Sunlight aur vitamin D rich foods, jaise eggs aur mushrooms, aapke vitamin D levels ko improve karte hain. Aap apni vitamin D needs kaise fulfill karte ho?"

Day 20: Weekend Bingeing

"Weekend binge eating ek common problem hai, par isse control karke aap apne progress ko maintain kar sakte ho. Cheat meals ko balance mein rakhna zaroori hai. Aap apne weekend meals kaise manage karte ho?"

Day 21: Carb Quality Matters

"Carbs essential hain, bas quality mein fark hota hai. Whole grains aur complex carbs, jaise quinoa, oats aur sweet potatoes, healthy energy source hain. Aap apni diet mein kaise carbs ka choice karte ho?"

Day 22: Emotional Eating

"Emotional eating, stress ya boredom ke karan ho sakta hai, lekin mindfulness aur emotional control se isse manage kiya ja sakta hai. Aap apne emotional eating habits ko kaise handle karte ho?"

Day 23: Meal Prepping for Success

"Meal prepping se aap healthy meals easily ready rakh sakte ho aur junk food ka temptation kam ho jata hai. Weekly meal planning se aap apne diet ko track kar sakte ho. Aap meal prep karte ho ya last-minute decisions lene padte hain?"

Day 24: Healthy Skin from Inside

"Skin ka glow sirf skincare se nahi aata, andar se bhi healthy hona zaroori hai! Hydration, vitamins (especially vitamin C) aur collagen se aap apni skin ko naturally nourish kar sakte ho. Aap apne skin health ka kaise dhyan rakhte ho?"

Day 25: Importance of Fiber

"Fiber digestion ko improve karta hai aur aapko full feel karwata hai, jo weight loss mein madad karta hai. Fruits, vegetables, aur whole grains fiber-rich hote hain. Aap apni diet me kitna fiber lete ho?"

Day 26: Eating Late at Night

"Late-night meals digestion ko disturb karte hain aur weight gain ka reason ban sakte hain. Try karein early dinner aur light meals ka option choose karna. Aap raat ko kitni der baad dinner karte ho?"

Day 27: Alcohol & Weight Gain

"Alcohol se weight gain ho sakta hai, kyunki wo metabolism ko slow karta hai aur extra calories add karta hai. Kya aap apne alcohol consumption ko limit karte ho?"

Day 28: Cheat Meals vs. Cheat Days

"Cheat meals kabhi-kabhi chalega, lekin cheat day se pura week ka hard work waste ho sakta hai. Aap kaise cheat meals ko manage karte ho?"

Day 29: Staying Active Daily

"Fitness sirf gym jaake nahi hota, daily movement zaroori hai! Steps lena, stretching aur active rehna bhi important hai. Aap apni daily activity kaise badhate ho?"

Day 30: Sustainable Health Goals

"Health goals sirf ek short-term goal nahi, ek lifelong commitment hain. Healthy lifestyle ko apni daily routine ka part banayein. Aapka sabse bada health goal kya hai?"

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