

The banner features a dark red background with a variety of fresh fruits including blueberries, raspberries, oranges, and plums scattered around the edges. In the center, the text "NingXia Reset" is written in a white, elegant cursive font, with a small white line-art illustration of a branch with leaves and berries to the right. Below this, "14-DAY CHALLENGE" is written in a clean, white, all-caps sans-serif font.

NingXia Reset

14-DAY CHALLENGE

FREQUENTLY ASKED QUESTIONS

Q. I am interested in running the NingXia Reset program for my team, what should I do?

A. We have guidelines for you to run your NingXia Reset 14-Day Challenge: Plan & Prepare, Engage using social media, Motivate, Create Excitement, Foster Community and Celebrate Wins. See the challenge guide on how to run your NingXia Reset 14-Day Challenge: [NingXia Reset 14-Day Challenge - Dropbox](#)

Join the July 3 training to learn more on how to do the reset for your team.

Q. My member is interested in doing the NingXia Reset program, what should I do?

A. You can help by adding them to the YLPH Facebook Members Page to get to see what others are doing for their personal reset journey and also share to them the 14-day checklist: [NingXia 14-Day Checklist](#)

Q. How come we do not have our own FB Community exclusive for NingXia Reset?

A. By utilizing the existing YLPH Members FB Group with 64,500 followers/members more can see the journey and buzz around NingXia Reset. We are encouraging everyone doing the reset to post their journey on the [YLPH Members FB Group](#). Here's how:

1. Post your story here: <https://www.facebook.com/groups/YLPHMembers>.
2. Once your post has been approved by an admin, it will show up in this group's feed.
3. Tag your members or your oiler friend to do the same!

A banner for the NingXia Reset 14-Day Challenge. The background is a deep red color. At the top, there are several pieces of fresh fruit including blueberries, raspberries, orange slices, and a whole plum. The text "NingXia Reset" is written in a white, elegant cursive font, with a small white line-art illustration of a branch with leaves and fruit to the right. Below this, the words "14-DAY CHALLENGE" are written in a clean, white, sans-serif font.

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14-DAY CHALLENGE

Q. A non-member is interested in doing the NingXia reset program, what should I do?

A. Encourage them to enroll using the NingXia Reset Bundle to be able to take advantage of the member price so that they can start on their reset journey. After they have enrolled, please add them up to the [YLPH Members Facebook Group](#) and share with them the [14-day NingXia Reset Checklist](#).