

Quick Start Chart

Phase 1

Achieve Optimal Health with the Medifast® 5 & 1 Plan

Eat any 5 Medifast Meals each day (shakes*, oatmeal, soups, chili, drinks, puddings, bars, and much, much more), plus one low-calorie Lean & Green Meal - limit 1 Maintenance Bar per day.

* Medifast 55 Shakes are recommended for women, not currently exercising.
Medifast 70 Shakes are recommended for men and physically active women.

Cost of Medifast Meals per day? Approximately \$11.00 per day, or equal to or less than your average daily cost of groceries!

✓ Checklist for Success

- Write your goals, commit to them, take action, and stay focused.
- Plan your day.
- Eat 5-6 meals each day.
- Start your day with a Medifast breakfast within 1 hour of waking.
- Select any of the Medifast Meals.
- Maximum of 1 Maintenance Bar per day.
- Drink 6-8 glasses of water each day. No alcohol.
- If you're not currently exercising, don't begin a new program for the first few weeks of weight loss.
- If you're currently exercising, you may continue but listen to your body.
- Once your body adapts, you can gradually build back up.
- Call your Health Coach when your products arrive.
- READ THE QUICK START GUIDE!

Ask your Health Coach about upcoming informational seminars.
Order online at www.TSFL.com

Phase 2

Follow the Take Shape Prescription for Life & keep the weight off!*

BeSlim® with Take Shape For Life, by eating well, exercising, and maintaining your weight with Medifast Meals.

Follow the BeSlim® Lifestyle!

- B**reakfast every day! - High quality fuel, such as our delicious Medifast Oatmeal, Cappuccino, or Chai Latte, is essential to start your day right.
- E**xercise - Continued exercise increases metabolism and provides strength, flexibility, and mental clarity.
- S**upport - Your Health Coach is here to help you reach & maintain your goals, providing the coaching, tools, and caring support you will need along the way.
- L**ow-fat meals 5-6 times a day - Eating frequently and controlling portions and total calories, especially those from fat, are critical for success.
- I**ndividual Plan - Create an individual plan to help you achieve Optimal Health and build the skills and strategies you need to cope with modern life.
- M**onitor - Weigh yourself on a regular basis to maintain optimal weight. Catch it before it becomes a challenge!

*Simplify your life when you sign up for our BeSlim® Club. Ask for details.

Channels of support available to you:

Take Shape For Life Call Center
Monday - Friday 8:00am - 10:00pm (EST)
Saturday 8:00am - 6:00pm (EST)
Sunday 12:00pm - 6:00pm (EST)
(800) 572-4417

Maintenance Call
Wednesday 8:00pm - 8:30pm (EST)
(512) 225-9427 enter pin: 77421#

Nutrition Support
Email: NutritionSupport@TSFL.com

Nurse Support Call (Interactive)
Monday 8:30pm - 9:00pm (EST)
(646) 519-5860 enter pin: 0971#

Doctor Support Call (Interactive)
Wednesday 8:30pm - 9:00pm (EST)
(646) 519-5860 enter pin: 0971#

Your Health Coach

Health Coach: _____ Phone: _____

Your ID #: _____ Email: _____

Where do you fit in?



	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39
Height	Weight (in pounds)																				
4'10" (58")	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167	172	177	181	186
4'11" (59")	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173	178	183	188	193
5' (60")	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179	184	189	194	199
5'1" (61")	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185	190	195	201	206
5'2" (62")	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191	196	202	207	213
5'3" (63")	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197	203	208	214	220
5'4" (64")	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204	209	215	221	227
5'5" (65")	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210	216	222	228	234
5'6" (66")	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216	223	229	235	241
5'7" (67")	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	218	223	230	236	242	249
5'8" (68")	125	131	137	144	151	157	164	171	177	184	190	197	203	210	216	223	230	236	243	249	256
5'9" (69")	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236	243	250	257	263
5'10" (70")	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243	250	257	264	271
5'11" (71")	136	146	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250	257	265	272	279
6' (72")	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258	265	272	279	287
6'1" (73")	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	258	265	272	280	288	295
6'2" (74")	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272	280	287	295	303
6'3" (75")	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279	287	295	303	311

Body Mass Index (BMI) is the measure of health and fitness endorsed by the Surgeon General of the United States. It takes into consideration the height and weight of a person to give an accurate index of what his/her weight should be. A BMI of up to 25 is considered healthy. Any number between 25 - 29 means the person is overweight. A reading between 30 - 39 is an indication of obesity, placing the individual at high risk of developing heart disease, high blood pressure, diabetes, and other ailments. A reading of 40+ is an indication of extreme obesity, placing a person at highest risk of health problems.



BMI Below 25
Healthy Weight
Candidate for BeSlim® Lifestyle and meal replacements for Optimal Health.



BMI 25-29
Overweight
At high risk to develop cardiovascular disease, diabetes, etc. Great candidate for the 5 & 1 Plan and BeSlim® Lifestyle.



BMI 30-39
Obese
At higher risk to develop cardiovascular disease, heart disease, diabetes, etc., without intervention. Our 5 & 1 Plan can be lifesaving in helping to lower your weight. You may potentially lower or eliminate many medications such as diabetes, blood pressure, and lipid-lowering drugs. By using our BeSlim® Lifestyle of permanent weight control, you can return to a healthy weight and remain there!



BMI 40+
Extremely Obese
At highest risk to develop cardiovascular disease, heart disease, diabetes, etc., without intervention.