

# 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 per 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](http://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 portion 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](mailto: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?



**Take Shape  
For Life®**  
*Life in Motion®*

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

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 24 is considered healthy. Any number between 25 - 30 means the person is overweight. A reading over 30 is an indication of obesity, placing the individual in serious danger of developing heart disease, high blood pressure, diabetes, and other ailments.

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

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

**BMI 30+**  
**Obese**  
Will possibly 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!