



OPTAVIA®

Optimal Weight  
4 & 2 & 1 Plan Journal

The start to your  
Lifelong Transformation,  
One Healthy Habit At A Time™.

Week 1:

# Habits of Healthy Weight Management

Micro Habit of Health 1:

**Drink one extra glass of water a day**

Start the Optimal Weight 4 & 2 & 1 Plan and eat six small meals per day. Then drink one more glass of water per day than you currently do. Whether in the morning, with a Fueling or in the evening, just one additional glass can be a big win. Staying hydrated is essential to health and helps fight food cravings.\*

Today and this week, focus on drinking one additional glass of water each day.

\*We recommend drinking 2 liters of water each day. Talk to your doctor prior to changing the amount of water you drink as it can affect certain health conditions and medications.



The **OPTAVIA** Way:

*be extraordinary today*

# week 1 journal

|   | Day 1   | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
|---|---|-------|-------|-------|-------|-------|-------|
| Fueling   | ex: <b>OPTAVIA</b> Essential Caramel Macchiato Flavored Shake                           |       |       |       |       |       |       |
| Fueling   | ex: <b>OPTAVIA</b> Essential Creamy Double Peanut Butter Crisp Bar                      |       |       |       |       |       |       |
| Fueling   | ex: <b>OPTAVIA</b> Essential Rustic Tomato Herb Penne                                   |       |       |       |       |       |       |
| Fueling   | ex: <b>OPTAVIA</b> Essential Cranberry Honey Nut Granola Bar                            |       |       |       |       |       |       |
| Lean and Green Meal   | ex: Lean & Green Recipe Chicken Meatballs with Napa Cabbage in Ginger Broth (1 serving) |       |       |       |       |       |       |
| Lean and Green Meal   | ex: Lean & Green Recipe Steamed Ginger-Scallion Fish (1 serving)                        |       |       |       |       |       |       |
| Healthy Snack   | ex: 1 small apple   |       |       |       |       |       |       |
| <b>Micro Habits of Health (mHOH)</b>  |   |       |       |       |       |       |       |
| Water Intake<br><i>(check off how many glasses of water you have each day)</i><br>💧 = 1 cup (240mL) |   |       |       |       |       |       |       |



Week 2:

## Be Mindful

Continue your week 1 micro Habit of Health by incorporating an additional glass of water daily until you reach eight glasses (2 liters). Note the amount of water you've had each day in your log.

Micro Habit of Health 2:

**Write one sentence in your OPTAVIA 30 log each day.**

As your transformation begins with healthy Fuelings, you will begin to learn mindfulness. Each day, reflect on a moment when you felt a craving and how you handled it, or write about an accomplishment. One sentence is all it takes. Mindfulness helps you avoid choices that lead you away from success. Incorporating this habit into your daily routine will give you an important record of your thoughts and feelings during your **OPTAVIA** journey.



The **OPTAVIA** Way:

*you define what's  
possible today*

# week 2 journal

|                     | Day 8 | Day 9 | Day 10 | Day 11 | Day 12 | Day 13 | Day 14 |
|---------------------|-------|-------|--------|--------|--------|--------|--------|
| Fueling             |       |       |        |        |        |        |        |
| Fueling             |       |       |        |        |        |        |        |
| Fueling             |       |       |        |        |        |        |        |
| Fueling             |       |       |        |        |        |        |        |
| Lean and Green Meal |       |       |        |        |        |        |        |
| Lean and Green Meal |       |       |        |        |        |        |        |
| Healthy Snack       |       |       |        |        |        |        |        |

## Micro Habits of Health (mHOH)

|  |  |  |  |  |  |  |
|--|--|--|--|--|--|--|
| Water Intake<br><i>(check off how many glasses of water you have each day)</i><br> = 1 cup (240mL) |  1<br> 2<br> 3<br> 4<br><br> 5<br> 6<br> 7<br> 8 |  1<br> 2<br> 3<br> 4<br><br> 5<br> 6<br> 7<br> 8 |  1<br> 2<br> 3<br> 4<br><br> 5<br> 6<br> 7<br> 8 |  1<br> 2<br> 3<br> 4<br><br> 5<br> 6<br> 7<br> 8 |  1<br> 2<br> 3<br> 4<br><br> 5<br> 6<br> 7<br> 8 |  1<br> 2<br> 3<br> 4<br><br> 5<br> 6<br> 7<br> 8 |
|--|--|--|--|--|--|--|

### OPTAVIA Log

|        |  |
|--------|--|
| Day 8  |  |
| Day 9  |  |
| Day 10 |  |
| Day 11 |  |
| Day 12 |  |
| Day 13 |  |
| Day 14 |  |

Week 3:

# Transform with Habits of Healthy Sleep

Congratulations! You are two weeks in! You're drinking water and journaling daily, well on your way to integrating new Habits of Health into your daily life. This week's theme is Healthy Sleep. Sleep is a crucial part of Optimal Health, but is often overlooked. Getting seven to eight hours of restful sleep nightly can reduce stress, reduce food cravings, prevent overeating, and improve memory. Those are some big rewards!

Micro Habit of Health 3:

**Drink one less cup of coffee, soda, or other caffeine source after 12 noon each day.**

To build Habits of Healthy Sleep that support reaching a healthy weight, your new micro Habit of Health is to drink one less cup of coffee, soda, or other caffeine source after noon each day. If you eliminate caffeine after noon, you're more likely to get a restful night's sleep!

Additionally, following a reduced-calorie meal plan might make you more sensitive to caffeine and keep you even more awake at night.

































































The **OPTAVIA** Way:

*every positive change  
leads to more*



# week 3 journal

|  | Day 15   | Day 16   | Day 17   | Day 18   | Day 19   | Day 20   | Day 21   |
|--|--|--|--|--|--|--|--|
| Fueling  |  |  |  |  |  |  |  |
| Fueling  |  |  |  |  |  |  |  |
| Fueling  |  |  |  |  |  |  |  |
| Fueling  |  |  |  |  |  |  |  |
| Lean and Green Meal  |  |  |  |  |  |  |  |
| Lean and Green Meal  |  |  |  |  |  |  |  |
| Healthy Snack  |  |  |  |  |  |  |  |
| <b>Micro Habits of Health (mHOH)</b>   |  |  |  |  |  |  |  |
| Water Intake<br><i>(check off how many glasses of water you have each day)</i><br> = 1 cup (240mL) |  1<br> 2<br> 3<br> 4<br><br> 5<br> 6<br> 7<br> 8 |  1<br> 2<br> 3<br> 4<br><br> 5<br> 6<br> 7<br> 8 |  1<br> 2<br> 3<br> 4<br><br> 5<br> 6<br> 7<br> 8 |  1<br> 2<br> 3<br> 4<br><br> 5<br> 6<br> 7<br> 8 |  1<br> 2<br> 3<br> 4<br><br> 5<br> 6<br> 7<br> 8 |  1<br> 2<br> 3<br> 4<br><br> 5<br> 6<br> 7<br> 8 |  1<br> 2<br> 3<br> 4<br><br> 5<br> 6<br> 7<br> 8 |
| <b>OPTAVIA Log</b>   |  |  |  |  |  |  |  |
| Day 15   | _____  |  |  |  |  |  |  |
| Day 16   | _____  |  |  |  |  |  |  |
| Day 17   | _____  |  |  |  |  |  |  |
| Day 18   | _____  |  |  |  |  |  |  |
| Day 19   | _____  |  |  |  |  |  |  |
| Day 20   | _____  |  |  |  |  |  |  |
| Day 21   | _____  |  |  |  |  |  |  |
| After 12 PM, did you have 1 less cup of caffeine?<br><i>(check the cup if you cut one each day and fill out how many you had)</i>  |    <input type="checkbox"/>   |    <input type="checkbox"/>   |    <input type="checkbox"/>   |    <input type="checkbox"/>   |    <input type="checkbox"/>   |    <input type="checkbox"/>   |    <input type="checkbox"/>   |

Week 4:

## Share the Habits of Healthy Motion

Intense workouts, especially if you're not ready, may do more harm than good. The Habits of Health you've already integrated - eating healthy Fuelings every two to three hours, drinking more water, journaling, sleeping better by consuming less caffeine, and being mindful - are making a difference in your life. Now, we recommend you start being more active via this micro Habit of Health.

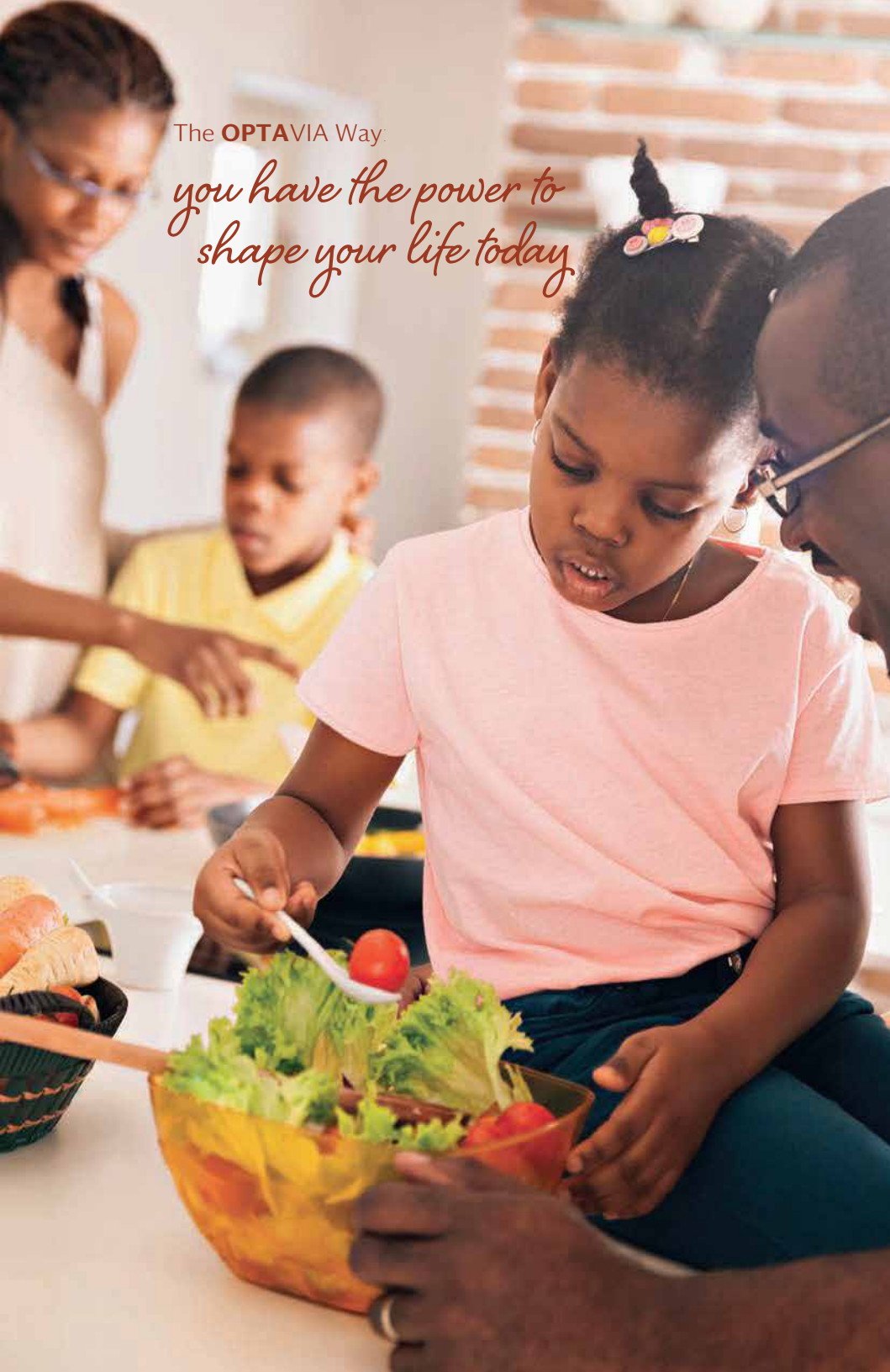
Micro Habit of Health 4:

**Stand for an extra 2 minutes a day**

Your new micro Habit of Health for the week is to stand up during your favorite TV show or while reading a book. Standing activates almost every muscle in your body as you stabilize your posture. It sounds small, but one of the biggest health recommendations in years is to sit down less, so 2 minutes extra of standing a day is a good start! Share this practice with your family and friends to introduce more motion into their lives.

The **OPTAVIA** Way

*you have the power to  
shape your life today*





Week 5:

## Celebrate and Continue

You are about to finish your first 30 days! The steps you've taken are remarkable. You may have had challenges at times, but the obstacle is often the way. You made it this far, and that momentum is powerful as you continue on your transformational journey.

Micro Habit of Health 5:  
**Celebrate Your Victories**






Reflecting on your accomplishments and pausing to celebrate can be as important as integrating new Habits of Health. Step back and say, "Wow, I really did that!" Share your excitement on Facebook and other social media, and tag your **OPTAVIA** Coach using #**OPTAVIA30**. Call your **OPTAVIA** Coach to celebrate and discuss your next 30 days!



The **OPTAVIA** Way

*embrace this day and  
the days ahead*

# week 5 journal

|   | Day 29   | Day 30   |
|---|--|--|
| Fueling   |  |  |
| Fueling   |  |  |
| Fueling   |  |  |
| Fueling   |  |  |
| Lean and Green Meal   |  |  |
| Lean and Green Meal   |  |  |
| Healthy Snack   |  |  |
| <b>Micro Habits of Health (mHOH)</b>  |  |  |
| Water Intake<br><i>(check off how many glasses of water you have each day)</i><br> = 1 cup (240mL) |                               |                               |
| <b>OPTAVIA Log</b>  |  |  |
| Day 29  |  |  |
| Day 30  |  |  |
| After 12 noon, did you have 1 less cup of caffeine?<br><i>(check the cup if you cut one each day and fill out how many you had)</i>   |    <input type="checkbox"/> |    <input type="checkbox"/> |
| Standing  | <input type="checkbox"/> Standing for 2 minutes extra  | <input type="checkbox"/> Standing for 2 minutes extra  |
| How did you reward yourself?  |  |  |
| Day 29  |  |  |
| Day 30  |  |  |

**1** Describe three things that you learned so far on your **OPTAVIA** journey.

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**2** What are you most excited about as you continue your **OPTAVIA** journey?

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**3** Who in your life would benefit from beginning their own **OPTAVIA** journey?

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OPTAVIA®

*lifelong transformation,  
one healthy habit at a time*

**#OPTAVIA**

**#LifelongTransformation**



OPTAVIA®

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