Welcome to OPTAVIA®

Let’s kick-off your journey to Lifelong Transformation, One Healthy Habit at a Time®.

At OPTAVIA, we believe you can live the best life possible, but we know that requires a healthy you. We help you achieve lifelong transformation by incorporating healthy habits into everything you do. Our proven nutrition takes you where you want to go, our OPTAVIA Coaches make sure you never go it alone. Here’s what you can expect when you start the Optimal Weight 5 & 1 Plan®. (Consult with your OPTAVIA Coach if you are using one of our other plans.)

Kick-off your journey the night before:

• Read the OPTAVIA Guide and keep it with you as a reference. This guide will help you track your daily Fuelings, motion, activity, hydration, and much more.
• Choose your 5 Fuelings, and plan 1 Lean & Green meal for tomorrow.
• Take a before photo so you can visually track your progress.
  Don’t worry, you don’t need to share it with anyone!
• Write down your starting weight and starting measurements.
• Think about the best time for your OPTAVIA Coach to call you tomorrow.
• Write down any questions you have for your OPTAVIA Coach:

Follow these helpful tips daily:

• Eat within 1 hour of waking up.
• Drink plenty of water* (~64 oz.).
• Eat every 2 - 3 hours and record your Fuelings, Lean & Green meal, water intake, plus your microHabits of health in your OPTAVIA Guide journal.

your transformation is an inspiration to others

Your friends and family will begin noticing your transformation and you will have an impact on those around you. If you’d like to help others get healthy along with you, refer them to your OPTAVIA Coach. Many times our Clients decide to pay it forward and become an OPTAVIA Coach themselves to help others build a life around what matters most to them. Talk to your OPTAVIA Coach about this powerful opportunity!

*We recommend drinking 64 ounces of water each day. Contact your healthcare provider prior to changing the amount of water you drink as it can affect levels of certain medications.