We encourage you to work with your Business Coach/Mentor support team throughout this process. Our Community is here to support you every step of the way. 

Questions? Check out OPTAVIA Answers, call 1.888.OPTAVIA, or fill out the Contact Us form on your personalized OPTAVIA website!

© 2019 OPTAVIA LLC. ALL RIGHTS RESERVED
DAY 1

- Congratulate them on Day 1.
  > Ask for their starting weight ("Do you mind sharing how much weight you would like to lose? And, if you don't mind, could you share how much you currently weigh?") OR
  > Note: some Clients may not be comfortable sharing their weight. If so, just let them know that it's fine. The focus will be on their progress and being mindful of their goals.
  > Alternatively: Use the BMI chart to find their current BMI and establish their goal.
  > Remind them to take their measurements: waist circumference and others if desired.
- If they haven't taken their “before” photo, remind them to so they can track progress visually.
- Ask them to take you through Day 1: Fuelings, times, and Lean & Green meal. Advise accordingly.
- Ask how they are feeling. If they have concerns, refer to the OPTAVIA Guide.
- Ask if they have any questions.
- Confirm time to call them on Day 2.

DAY 2

- Congratulate them on Day 2.
- Ask them to take you through Day 2: Fuelings, times, and Lean & Green meal. Advise accordingly.
- Ask how they are feeling.
- Ask if they have any questions.
- Confirm time to call them on Day 3.

DAY 3

- Congratulate them on Day 3.
- If following the Optimal Weight 5 & 1 Plan® exactly, tell them they should be in fat burn soon, if not already.
- Ask them to take you through Day 3: Fuelings, times, and Lean & Green meal. Advise accordingly.
- Ask how they are feeling.
- Ask if they have any questions.
- Confirm time to call them on Day 4.

We encourage you to work with your Business Coach/Mentor support team throughout this process. Our Community is here to support you every step of the way. Questions? Check out OPTAVIA Answers, call 1.888.OPTAVIA, or fill out the Contact Us form on your personalized OPTAVIA website!
DAY 4

- Congratulate them on Day 4.
- Review signs of fat burning: more energy, decreased hunger, improved sleep, and feeling better overall.
- Ask them to take you through Day 4: Fuelings, times, and Lean & Green meal. Advise accordingly.
- Ask how they are feeling.
- Ask if they have any questions.
- If everything is going well (in fat burn on the Optimal Weight 5 & 1 Plan®), then set up your next check-in.
- If they are struggling, review their program again and provide additional tips for success.
- Encourage them to contact you if they have any questions before your next check-in.
- If they haven't already read it, email them the PDF of Dr. A's eBook, Stop. Challenge. Choose. and let them know this may be helpful and motivating, and ask them to read it.

WHAT'S NEXT?

- Day 7 – Celebrate your Client on their first week! Remind them that when they know what healthy nutrition looks like, healthy eating becomes second nature™.
- Week 2 – Check-in via telephone 2 (two) times this week, continue to celebrate the little victories that add up to the big ones, answer questions, and provide encouragement and guidance.
- Week 3 – Check-in via telephone 2 (two) times this week, continue to celebrate them and their best life, answer questions, ask about referrals and/or plant the seeds for coaching and provide encouragement and guidance.
- Week 4 – Check-in via telephone 2 (two) times this week, continue to celebrate them, answer questions, ask about referrals and/or plant the seeds for coaching and provide encouragement and guidance.
- Week 5 – and onward – Check-in via telephone 1 (one) time this week in the same way you have been!