



# 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 & we know that requires a healthy you. We can help you achieve lifelong transformation by incorporating healthy habits into everything you do. Our proven nutrition takes you where you want to go, our independent **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 & keep it with you as a reference. This guide will help you track your daily Fuelings, motion, activity, hydration & 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 & 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:

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### Follow these helpful tips daily:

- Eat within 1 hour of waking up.
- Drink plenty of water (~64 oz.).†
- Eat every 2 - 3 hours & 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 & 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 & 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!

\* Check with your **OPTAVIA** Coach for assistance on how to compliantly post before/after pictures.

† 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.