

THE KEYS TO YOUR SUCCESS ON THE PROGRAM

- ✓ Read the Quick Start Guide before you start your program. The information in there is invaluable.
- ✓ Call ME, your Health Advisor, and seek extra support when needed.
- ✓ Take advantage of the TSFL support calls, listed on page 22 of your Quick Start Guide.
- ✓ Why do you want to lose weight and get healthy? List them out, read them often.
- ✓ YOU MUST ALWAYS DRINK a minimum of 64 OUNCES OF WATER more is better-NOT drinking enough water can result in a slower weight loss
- ✓ ALL PRODUCTS ARE MEALS
- ✓ Eat 3 meals before 2pm..YOU MUST EAT THE FIRST HOUR AFTER YOU WAKE UP if you don't you will have a slower weight loss
- ✓ NEVER have the higher calorie bars (oatmeal raisin, choc mint, caramel) as your first or last meal of the day if you do you will have a slower weight loss
- ✓ The Eat slowly it should take 15 minutes to finish a meal use a straw when drinking a shake.
- ✓ IF YOU FEEL HUNGRY, HAVE ANOTHER SHAKE OR SOUP. It is perfectly Ok to do so, and you will still lose weight. Having this extra shake or soup will help keep you focused on the program.
- ✓ NEVER have less than 2 shakes per day if you do you will have a slower weight loss
- ✓ **FOR A QUICKER WEIGHT LOSS HAVE 3 SHAKES DAILY**
- ✓ YOU MUST EAT EVERY 2 TO 3 HOURS NEVER GO BEYOND 3 HOURS if you go beyond 3 hours you will have a slower weight loss
- ✓ IF YOU HAVE HAD 5 MEDIFAST MEALS AND ARE STILL AWAKE CONTINUE TO EAT EVEN IF THIS MEANS YOU WILL HAVE MORE THAN 5 MEALS THAT DAY if you don't you will have a slower weight loss
- ✓ DON'T EAT A HIGHER CALORIE BAR (caramel, choc mint or oatmeal raisin) EVERY DAY 1 PER WEEK eating these bars daily will result in a slower weight loss (use these bars in sparing before exercise)
- ✓ The new crunch bars can be eaten anytime as any of your 5 meals
- ✓ ALWAYS HAVE A PRODUCT (SHAKE OR SOUP) IF YOU ARE HUNGRY
- ✓ YOU MUST EAT ALL 5 MEDIFAST MEALS eating less will result in a slower weight loss
- ✓ Don't think you will lose faster if you eat less...you won't!
- ✓ If you miss a meal eat the rest of your meals closer together making sure you get in all your meals for the day
- ✓ YOU CAN EAT YOUR LEAN/GREEN FOR EITHER BREAKFAST, LUNCH OR DINNER OR MIX IT THROUGH THE DAY WITH MEDIFAST MEALS
- ✓ You can use a portion of your lean/green protein or vegetables with your medifast meals (be sure to reduce your lean/green meal by this amount)
- ✓ YOU MUST EAT ALL 5-7 OUNCES OF PROTEIN. Eating less will result in a slower weight loss.
- ✓ If you don't measure your portions on your lean/green you will sabotage your weight loss

- ✓ IF THE VEGETABLE (fresh, frozen, canned) is not on the LIST YOU CAN'T HAVE IT AT THIS TIME.
- ✓ **FOR A QUICKER WEIGHT LOSS HAVE SELECT THE LEANEST ON YOUR PROTEIN AND LOWEST CARBS ON YOUR VEGGIES**
- ✓ **IF YOU ARE HUNGRY, HAVE A PRODUCT.** If you eat something off the program you will have a slower weight loss. Once you get your body to the “burn” the fat burning state and then you go off the program, your body will have to get the burn again. So don't waste your time by yo-yoing. GET THE WEIGHT OFF!

First 3 days: Once your body kicks into the fat-burning state-you will feel great, have lots of energy and your appetite will be noticeably reduced. DON'T EVEN GO THERE THINKING SINCE YOUR APPETITE IS GONE **YOU JUST WONT EAT YOU WILL NOT LOSE WEIGHT THIS WAY!** THIS PROGRAM WORKS BETTER IF YOU EAT MORE NOT LESS.

Food cravings: Please know that most food cravings last only fifteen minutes, so a good suggestion is to make a list of chores that take about fifteen minutes. At the time the cravings begins, grab a large glass of water and choose one of our chores on your list. It will give you a feeling of accomplishment and help you stick to your program.

Exercise: It takes 3-4 weeks for the body to adapt to the Take Shape plan and to use the fat stores for energy efficiently. During this time, too much exercise can cause dehydration as well as decreasing weight loss and could harm your muscle tissue. So, if you haven't been exercising, don't start it now! Wait 3-4 weeks until your body has adapted to the program. Then start your exercise plan very slowly. Begin with gentle walking, 10-20 minutes per day, and then gradually increase the amount. If you have been exercising, cut your current plan by half for the first 3 weeks, limit intense exercise such as running, biking or swimming to a total of 45 minutes a day. No huffing, puffing or sweating.

SUPPORT IN MOTION: Check out my website www.weightbusterstsf1.tsfl.com to learn more about your Take Shape For Life program. Please click on “SUPPORT CENTER” and then click on “Tools and Resources”. You will also want to click on “Support in Motion” for your own personal online support which allows you to log your progress, learn recipes, look up helpful articles, and chat with other Take Shape clients!!! It's Great!

WEIGH YOURSELF ONCE A WEEK AT THE SAME TIME EACH DAY

Don't panic if the scale doesn't move for several days or even goes up. If you stay on your program the scale will eventually show results.

Take a before picture, weigh and measure yourself before starting the program
Remember, I am here for YOU. That's my sole purpose and job description, so please call or email me for any reason be it happy (successes) or challenges so I can HELP YOU on your journey to great health.