



OPTAVIA™

## OPTAVIA™ GUIDE

Your first 30 days of integration  
to a lifetime of Optimal Wellbeing™



# Table of Contents

Welcome to <b>OPTAVIA™!</b> .....	4
Daily Program .....	6
What are the Habits of Health? .....	8
The Optimal Weight 5 & 1 Plan™ .....	15
What is a Lean and Green Meal? .....	17
The Optimal Health 3 & 3 Plan® .....	23
Additional Resources & Support .....	25
<b>OPTAVIA 30™</b> .....	26
Week 1 .....	29
Week 2 .....	33
Week 3 .....	37
Week 4 .....	41
Week 5 .....	45



# Welcome to OPTAVIA™!

Whether you are beginning your journey or planning your next phase, OPTAVIA™ welcomes you. We have a transformational community that will support you with a clear plan, tools, and a path for your success. Our commitment isn't just to weight-loss or weight management, but to Optimal Wellbeing™, which means sustaining a life of Optimal Health™ that can optimize your everyday living.

We're here for the long haul, committed to a comprehensive approach to a lifetime of Optimal Health™. Our plans and products are designed to help you integrate healthy habits into your life. In order to accomplish this, we've built a dynamic foundation that includes the following four elements:



## Your Health Coach

Caring, knowledgeable, one-on-one support provided by your personal Health Coach is what makes OPTAVIA™ different from any other healthy lifestyle program. Studies have shown that most people, without additional support and the ability to change their habits, will go back to their old ones. Guiding you to healthy habits and providing encouragement and support are your Health Coach's priorities.



## The Habits of Health

Developed by our co-founder, Dr. Wayne Andersen, Dr. A's Habits of Health System is an innovative lifestyle approach that contains everything you need to replace any poor eating and other unhealthy habits you might have developed with healthy, vibrant ones that contribute to your long term success. By making small, consistent changes in your habits, you can learn to sustain your results for life.



## The OPTAVIA™ Community

In addition to your Health Coach, we provide you with support from our OPTAVIA™ community, a tribe that is focused on Optimal Wellbeing™ for themselves and those around them by offering support, empathy, and compassion. You'll feel welcomed by these like-minded people on the journey with you. The tools of the OPTAVIA™ community include:

- Support calls with a caring community
- Nutrition Support Team
- Your OPTAVIA™ community meetings and events
- The BeSlim® Club to help you stay on plan, save money, and receive FREE shipping and exclusive offers



## Fuelings

Our new OPTAVIA™ Fuelings bring bold flavors and exciting ingredients sourced from around the world to provide you healthy Fuelings with the nutritional profile that is scientifically proven with the Optimal Weight 5 & 1 Plan™. Designed to provide the right nutrition at every stage of the journey, our Fuelings are nutritious, delicious, and effective.



# Daily Program

## Your First 30 Days of Integration to a Lifetime of Optimal Wellbeing™

Over the next 30 days, you will utilize this daily plan and work with your Health Coach to reach your goals as you take control of your life and create one optimal day after another. After all, an optimal life is made up of optimal days. We recommend the following:

### **Stay in touch with your Health Coach for support and information.**

Lean on your Health Coach as you begin your OPTAVIA™ journey. They will discuss any questions you have and guide you to set goals for your health and wellness.

### **Enroll in our text message campaign for daily tips and inspiration.**

Text **OPTAVIA30** to **99000** the day before you start your OPTAVIA™ journey to begin receiving daily quick tips, inspiration, healthy reminders, and much more!\*

### **Participate in our community on social media using #OPTAVIA30**

Share your OPTAVIA 30™ journey and connect with our community on Pinterest, Facebook, and Instagram by using **#OPTAVIA30** and tagging your Health Coach.

### **Join the weekly support calls!**

Led by Health Coaches and Healthcare Professionals, tune in to these calls to ask questions, learn more about the program and products, and receive the support you need.

### **Your Health Coach's co-branded site.**

Place your BeSlim® Club order, complete the online Wellbeing Evaluation, and find even more information and tools for your OPTAVIA™ journey.

\*Summary Terms & Conditions: Our mobile text messages are intended for subscribers over the age of 13 and are delivered via USA short code 99000 and 76000. You may receive up to 35 message(s) per month for text alerts. Message and data rates may apply. This service is available to persons with text-capable phones subscribing to carriers including AT&T, Verizon Wireless, T-Mobile®, Sprint, Virgin Mobile USA, Cincinnati Bell, Centennial Wireless, Unicel, U.S. Cellular®, and Boost. For help, text HELP to 99000, email [info@optavia.com](mailto:info@optavia.com) or call +1-888-OPTAVIA. You may stop your mobile subscription at any time by text messaging STOP to short code 99000.

## About this Guide

This Guide will not only help you keep track of your daily Fuelings, motion, activity, and water consumption, but also take you so much further. This Guide includes a comprehensive approach to support your Optimal Health™ journey and awaken you to your potential, giving you the essential ingredients to long term health.

We'll outline the foundational offerings of the Optimal Weight 5 & 1 Plan™ and the Optimal Health 3 & 3 Plan® along with our BeSlim® approach and your daily log for OPTAVIA 30™. We will provide our Habits of Health lifestyle six-step process as milestones on your journey to a lifetime of Optimal Health™.

Our goal is to provide you with more optimal days, and this Guide includes tips to help your transformation, install the Habits of Health, and find ways to engage with the entire OPTAVIA™ community.

We will get you started on your OPTAVIA™ journey quickly, with small steps that build a foundation for a lifetime of health, and to support you along the way. The OPTAVIA™ community has so much to offer – support, collaboration, celebration, and more.

Utilizing this Guide to its fullest will provide you with the necessary information and supply you with the dynamic structure you need to empower you. Get ready to integrate the key components of Optimal Wellbeing™ and experience the collective power of OPTAVIA™.

*Inspire yourself with  
what's possible today.*



# What are the Habits of Health?

## Your Steps to Integration

We are a thriving, vibrant grass roots community of Health Coaches and Clients who are taking control of their choices and developing powerful habits that create their optimal lives. This movement has been built upon an innovative six-step approach that helps people just like you reach their personal health and wellbeing goals and create a foundation for Optimal Health™.

The six steps are:



\*No one can predict how long you are going to live, but research suggests that making an overall lifestyle change by taking an active role in your choices and behavior, including losing weight, eating healthier, moving more, and reducing stress, has the potential to help you live a longer, healthier life.





# Step 1

## Prepare for Your Journey

Our goal is to awaken your potential and place you on a path to a lifetime of wellbeing by making health your focus and priority. For most, this starts with reaching and maintaining a healthy weight, and your Health Coach can be an essential part of helping you arrive and setting you up for Optimal Health™.

- Discuss any questions you have about starting your journey.
- Partner with you to learn the Habits of Health lifestyle program.
- Assist you in completing your Wellbeing Evaluation online.
- Guide you to set goals for your health and wellness.

Recommended readings: Chapters 1 – 5 in *Dr. A's Habits of Health* and Lessons 1 – 7 in *Living a Longer Healthier Life: The Companion Guide to Dr. A's Habits of Health*.

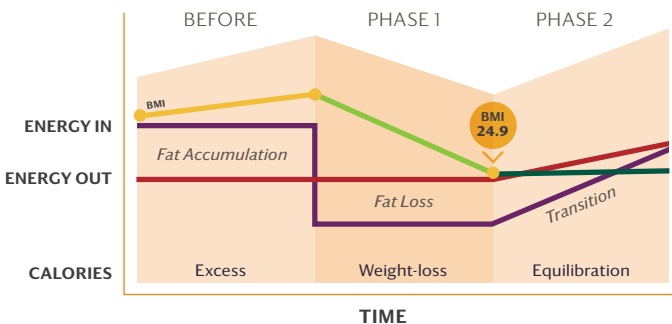
# Step 2

## Reach a Healthy Weight

To reach a healthy weight using the Optimal Weight 5 & 1 Plan™:

- Follow the Optimal Weight 5 & 1 Plan™ as outlined in this Guide.
- Celebrate victories and highlight opportunities with your Health Coach.
- Participate in our community through weekly support calls, and with your Health Coach online.
- Understand and take charge of your energy management system.

Recommended readings: Chapters 6 – 7 in *Dr. A's Habits of Health* and Lesson 8 in *Living a Longer Healthier Life: The Companion Guide to Dr. A's Habits of Health*.



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# Step 3

## Transition to Healthy Eating

Transition to healthy eating with a plan. Start and follow the transition plan as outlined on pages 21-23. Work with your Health Coach to calculate the target calorie intake level to maintain your new healthy weight (Chapter 12 in *Dr. A's Habits of Health*).

As you are transitioning to a lifetime of eating healthy, it is important to increase your activity with Habits of Motion, as outlined in *Dr. A's Habits of Health*. In this Guide, we will start by developing some new micro Habits of Motion. In small, incremental ways, we will focus on increasing activity in both work and leisure environments, so you will then be harnessing your body 24/7, taking small steps for a lifetime of motion.

We know from experience that the time after the weight is gone is a very critical period. Old habits must be replaced with new, healthier habits. Our Optimal Health 3 & 3 Plan® provides a structured framework that allows you to enjoy three Fuelings and three balanced meals each day. The OPTAVIA™ products can be substituted for any of the Fuelings, and you can document what you choose in the log in the back of this Guide.

Healthy eating involves learning about right portion sizes as well as your total energy expenditure, which is the number of calories you burn each day. You can find our energy expenditure calculator online, along with meal plans developed by our Registered Dietitians, to help you in your transition to healthy eating. We recommend that you work with your Health Coach to calculate your target calorie intake and develop your best transition plan. Remember that increasing your activity is an important part of maintaining a healthy weight.

As you continue to develop healthy habits to support you on your journey, we want to add all of the key foundational habits – eating, moving, handling stress, sleep – as all are essential to long term health and Optimal Wellbeing™.

Recommended readings: Chapters 8 - 12 in *Dr. A's Habits of Health* and Lessons 9 - 10 in *Living a Longer Healthier Life: The Companion Guide to Dr. A's Habits of Health*.

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# Step 4

## Live the Habits of Health

BeSlim® is now part of your routine. You are learning how to progress your Habits of Motion, how to sleep better with the Healthy Habits of Sleep, and working with your Health Coach to further establish your support system.

Recommended readings: Chapters 13 - 18 in *Dr. A's Habits of Health* and Lessons 11 - 14 in *Living a Longer Healthier Life: The Companion Guide to Dr. A's Habits of Health*.



*Transition to healthy eating.*

*Live a healthier life.*



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# Step 5

## Optimize Health for Your Age

You are now at a point where you have integrated the foundational Habits of Health. As you continue to install these habits, you will continue to get better in all key areas of optimizing your health. You are experiencing the benefits of reaching and maintaining a healthy weight, consistently exercising, and receiving the benefits of a healthy body.

Another aspect of optimization is effectively managing stress and organizing your life around what matters most to you. You are becoming the creative center of your life by actively arming yourself to live in this state for a long time. As you are mastering your own Optimal Health™, you can plan an important role as a leader in the OPTAVIA™ community. This is the goal of OPTAVIA™ – for the student to become the teacher and pay it forward.

Recommended readings: Chapters 19 - 21 in *Dr. A's Habits of Health* and Lessons 15 - 17 in *Living a Longer Healthier Life: The Companion Guide to Dr. A's Habits of Health*.

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# Step 6

## The Potential to Live a Longer, Healthier Life

No one can predict how long you are going to live, but research suggests that making an overall lifestyle change by taking an active role in your choices and behavior, including losing weight, eating healthier, moving more, and reducing stress, has the potential to help you live a longer, healthier life.

An optimal life means staying as healthy as you can, for as long as you can. After all, with renewed health and energy, your life can become whatever you wish it to be! Optimal Health™ – indicated by healthy weight, healthy motion, healthy sleep, healthy habits, and the desire to get better.

Continuing your journey:

You are reaching for Ultra Health.

You are learning how to develop ultimate energy control.

You are learning to protect your brain function and support your healthy body.

Continue to work with your Health Coach to help you lead a fuller, healthier life and THRIVE!

Recommended readings: Chapters 22 - 26 in *Dr. A's Habits of Health*.

Today is a good day to be you! You now have the tools and an innovative system in your hands with the power to shape your life into what you want it to be. Keep reading to find out the details about how to find success the OPTAVIA™ way, through support and our programs.



A day on the  
Optimal Weight

5&1  
Plan™

# The Optimal Weight 5 & 1 Plan™

Our Optimal Weight 5 & 1 Plan™ has a long, successful, scientifically-proven track record of helping thousands of Americans lose the weight they want. It's fast, hassle-free, simple to follow, and based on the Habit of Health of eating six total meals per day – one every 2 - 3 hours. With the support of your Health Coach and the OPTAVIA™ community, your results are enhanced to be the best they can be.

With the addition of OPTAVIA™, you can now choose from over 80 different and delicious Fuelings that include shakes, soups, bars, hot beverages, hearty choices, biscuits, pretzels, pudding, and brownies. Each item has a nearly identical nutritional profile designed by our scientific research team and refined by our Registered Dietitians and nutrition team to meet all of your nutrient, mineral, and vitamin needs.

Our program and products are formulated to create a fat-burning state in your body while you still feel full and satisfied and have the energy to go about your day.

All of our OPTAVIA™ Fuelings are scientifically formulated with the right balance of carbohydrates, protein, fat, and sugar to help you burn fat and retain muscle as you work toward your Optimal Health™ goals. Our OPTAVIA™ Fuelings complement our existing product line with bold flavors and specialty ingredients sourced from around the world.

The OPTAVIA™ Fuelings contain no colors, flavors, sweeteners or preservatives from artificial sources. Each product contains a minimum of 250 million CFU of probiotics per serving. Ganeden **BC<sup>30</sup>**\* supports digestive and immune health\*. All OPTAVIA™ Fuelings are non-GMO.

Your Health Coach can guide you as you browse through the delicious Fuelings choices created by our team. The Optimal Weight 5 & 1 Plan™ consists of five Fuelings selections from our extensive line and one lean and green meal that you prepare. We've even put together a variety of kits that will make your selection even easier! Ask your Health Coach for details.

\*As part of a balanced diet and healthy lifestyle.

5 Fuelings for the Optimal Weight 5 & 1 Plan™



1 Lean and Green Meal



*You can have your  
lean and green meal  
any time of day.*



## What is a Lean and Green Meal?

A lean and green meal is a healthy meal that you can prepare at home, following our guidelines. Every lean and green meal includes 5 to 7 ounces of lean protein plus three servings of vegetables and up to two servings of healthy fats, depending on your lean protein choices.

You can have your lean and green meal any time of day – whatever works best for your schedule.

### Healthy Fats

Every day, you'll incorporate up to two servings of Healthy Fats into your lean and green meal. Healthy Fats are important because they help you absorb certain vitamins like A, D, E, and K. They also help your gallbladder to work properly, so don't skip them. You'll find a list of Healthy Fat choices at the end of the Lean Options list on page 18.

### Lean and Green Meal: THE "LEAN"

Lean Tips:

- Portion size recommendations are for cooked weight
- Choose meats that are grilled, baked, broiled, or poached – not fried
- Each week, strive to eat at least two servings of fish rich in omega-3 fatty acids (such as salmon, tuna, mackerel, trout, or herring)
- Choose meatless options made with soybeans or textured vegetable protein

Choose the appropriate serving size of any protein from the list on the following pages. We've broken down protein options into Lean, Leaner, and Leanest. All options are appropriate for the Optimal Weight 5 & 1 Plan™; it's just divided this way to help you make informed food choices. This is the first step of learning the Habits of Healthy Eating for a lifetime.



▶ **LEANEST: Choose a 7-oz portion (cooked weight) plus 2 Healthy Fat servings.**

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- **Fish:** cod, flounder, haddock, orange roughy, grouper, tilapia, mahi mahi, tuna (yellowfin steak or canned in water), wild catfish
- **Shellfish:** crab, scallops, shrimp, lobster
- **Game meat:** deer, buffalo, elk
- **Ground turkey or other meat:** ≥ 98% lean
- **Meatless options:**
  - 14 egg whites
  - 2 cups of Egg Beaters®

▶ **LEANER: Choose a 6-oz portion (cooked weight) plus 1 Healthy Fat serving.**

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- **Fish:** swordfish, trout, halibut
- **Chicken:** breast or white meat, without skin
- **Ground turkey or other meat:** 95 - 97% lean
- **Turkey:** light meat
- **Meatless options:**
  - 15 oz Mori-nu® extra-firm tofu (bean curd)
  - 2 whole eggs plus 4 egg whites

▶ **LEAN: Choose a 5-oz portion (cooked weight) – no Healthy Fat serving added.**

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- **Fish:** salmon, tuna (bluefin steak), farmed catfish, mackerel, herring
- **Lean beef:** steak, roast, ground
- **Lamb**
- **Pork chop or pork tenderloin**
- **Ground turkey or other meat:** 85 - 94% lean
- **Chicken or turkey:** dark meat
- **Meatless options:**
  - 15 oz Mori-nu® firm or soft tofu (bean curd)
  - 3 whole eggs (limit to once a week)

### Healthy Fat Servings

A Healthy Fat serving should contain about 5 grams of fat and less than 5 grams of carbohydrate. Add 0 - 2 Healthy Fat servings daily based on your Lean choices:

- 1 teaspoon of canola, flaxseed, walnut, or olive oil
- Up to 2 tablespoons of low-carbohydrate salad dressing
- 5 - 10 black or green olives
- 1 teaspoon of trans fat-free margarine

## Lean and Green Meal: "THE GREEN"

Choose three servings from our Green Options list for each of your lean and green meals. We've broken down vegetable options into Lower-, Moderate-, and Higher-Carbohydrate levels. All options are appropriate on the Optimal Weight 5 & 1 Plan™; the list is divided this way to help you make informed food choices.

NOTE: All vegetables promote healthful eating; however, during the weight-loss phase of your plan, we do eliminate the highest-carbohydrate vegetables (such as carrots, corn, peas, potatoes, onions, edamame, and Brussel sprouts) in order to enhance your weight-loss results. Once you've reached your weight-loss goal, we encourage you to include ALL vegetables for long-term health.

Choose 3 servings from the Green Options List  
1 serving = ½ cup vegetables (unless otherwise specified)

### ▶ LOWER CARBOHYDRATE

**1 cup:** collards (fresh/raw), endive, lettuce (green leaf, butterhead, iceberg, romaine), mustard greens, spinach (fresh/raw), spring mix, watercress, bok choy (raw)

**½ cup:** celery, cucumbers, white mushrooms, radishes, sprouts (alfalfa, mung bean), turnip greens, arugula, nopales, escarole, jalapeño (raw), Swiss chard (raw), bok choy (cooked)

### ▶ MODERATE CARBOHYDRATE

**½ cup:** asparagus, cabbage, cauliflower, eggplant, fennel bulb, kale, portabella mushrooms, cooked spinach, summer squash (scallop or zucchini)

### ▶ HIGHER CARBOHYDRATE

**½ cup:** broccoli, red cabbage, collard or mustard greens (cooked), green or wax beans, kohlrabi, okra, peppers (any color), scallions (raw), summer squash (crookneck or straightneck), tomatoes (red, ripe), turnips, spaghetti squash, hearts of palm, jicama (cooked), Swiss chard (cooked)



# Extras for The Optimal Weight 5 & 1 Plan™

## Optional Snacks

In addition to your five Fuelings and one lean and green meal, you may choose to include ONE of the following optional snacks each day. Talk to your Health Coach about Plan-approved optional snacks including:

- Sea Salt Popcorn, Apple Cinnamon Crisps, and Rosemary Sea Salt Crackers
- 3 celery stalks
- 1 fruit-flavored sugar-free Popsicle®
- ½ cup serving sugar-free gelatin, such as Jell-O®
- Up to 3 pieces of sugar-free gum or mints
- 2 dill pickles spears
- ½ oz of nuts: almonds (10 whole), walnuts (7 halves), or pistachios (20 kernels)\*

\*Be mindful that nuts are a rich source of healthy fat and additional calories – choose this optional snack sparingly.

## Optional Condiments

To make your meals more enjoyable, you have the option of adding condiments to your food selections. Although condiments add flavor and zest to your meals, they can also contribute to your overall carbohydrate intake. Therefore, we recommend reading food labels for carbohydrate information and controlling your condiment portions for optimal weight-loss results. Enjoy three servings a day.

A condiment serving should contain no more than 1 gram of carbohydrate per serving. You can have up to three condiment servings per day on the Optimal Weight 5 & 1 Plan™. Examples of a condiment serving include:

- ½ teaspoon most dried herbs and spices, catsup, BBQ sauce, or cocktail sauce
- 1 teaspoon balsamic vinegar
- 1 tablespoon minced onion, yellow mustard, salsa, soy sauce, low-fat or fat-free milk/soy milk
- 2 teaspoons lemon/lime juice
- 1 - 2 tablespoon sugar-free flavored syrup (Sugar-Free Syrup, DaVinci®, Torani®, etc.)
- 1 packet zero-calorie sweetener
- 1 cup refrigerated, unsweetened original or vanilla almond milk

For a more comprehensive list of condiments and portion recommendations, talk to your Health Coach.

# Transition

## Living the BeSlim® lifestyle

Once you've reached your weight-loss goal, it's time to make the transition into lifelong healthier eating with the BeSlim® lifestyle.

The idea behind the Transition phase is to gradually increase your calorie intake over time, while re-introducing a wider variety of foods. During Transition, you incrementally increase your daily caloric intake by re-introducing a different food group each week. The actual number of calories you need after Transition to maintain your weight is individual and varies depending on factors such as height, weight, gender, age, and activity level. For Sample Transition Meal Plans, please visit the Program Guide section under Tools and Support of your Health Coach's co-branded website. Follow this 6-week transition to an ultimate goal of less than 1,550 calories a day.

## Sample transition chart

Week	Target # of calories	Fuelings	Lean and Green Meals	Additions
1	850 -1,050	5	1	1 cup (2 servings) of your favorite vegetables (any kind)
2	900 -1,150	4	1	In addition to your • 1 cup of your favorite vegetables  <b>ADD</b> • <b>2 medium-sized pieces of fruit OR 1 cup of cubed fruit or berries (2 servings)*</b>
3	1,100 -1,300	4	1	In addition to your • 1 cup of your favorite vegetables AND • 2 medium-sized pieces of fruit OR 1 cup of cubed fruit or berries*  <b>ADD</b> • <b>1 cup of low-fat or fat-free dairy (1 serving)</b>
4-6	1,100 -1,550	3	1	In addition to your • 1 cup of your favorite vegetables AND • 2 medium-sized pieces of fruit OR 1 cup of cubed fruit or berries* AND • 1 cup of low-fat or fat-free dairy  <b>ADD</b> • <b>4- to 6-oz serving of lean meat (1 serving)** AND 1 serving of whole grain (1 serving)***</b>

\*Fresh, or, if canned, unsweetened and packed in juice, not syrup.

\*\*Grilled, baked, poached, or broiled – not fried.

\*\*\*Examples: 1 slice of whole-grain bread, ½ whole-grain English muffin, ¾ cup high-fiber cereal, ½ cup whole-wheat pasta, or 1/3 cup brown rice.



## The Optimal Health 3 & 3 Plan®

### Continuing your Optimal Health™ Journey

Once you've reached your target weight, it's critical to keep up the good habits you've established, including fueling your body every 3 hours. In order to help you sustain that healthy weight, we've developed the Optimal Health 3 & 3 Plan®. This plan focuses on nutritionally balanced small meals eaten every 3 hours, just like the Optimal Weight 5 & 1 Plan™, while helping you integrate more food choices in the right portion sizes. Your Health Coach can help you learn more about the Optimal Health 3 & 3 Plan®, developed by our Registered Dietitians, or help you develop your own nutritionally-sound transitional eating plan.

To follow the Optimal Health 3 & 3 Plan®, each day you consume three Fuelings, chosen from our extensive offering of over 80 Fuelings, and create three balanced meals.

Fuelings for the Optimal Health 3 & 3 Plan®



3 Balanced Meals

*Talk to your Health Coach  
about optimizing the Habits of Health.*





# Additional Resources & Support



## Your Health Coach

Caring, knowledgeable, one-on-one support provided by your personal Health Coach is one of the key components that makes our program different from other healthy lifestyle programs. Lean on your Health Coach for support as you begin your Optimal Health™ journey.



Dr. A's Habits of Health System is your core curriculum to create healthy habits. This unique, comprehensive approach is essential to your long-term success. Talk to your Health Coach today about using this tool to transform yourself and others!



Text **OPTAVIA30** to **99000** the day before you start your **OPTAVIA 30™** journey to begin receiving daily quick tips, inspiration, healthy reminders, and much more!\*



## Weekly Support Calls

Tune into the weekly support calls led by Health Coaches and Healthcare Professionals to ask questions, learn more about the program and products, and receive the support you need.



## Recipes

Visit the **OPTAVIA™** Pinterest page for lean and green meal and Fuelings recipes at [Pinterest.com/OPTAVIA30](https://www.pinterest.com/OPTAVIA30)

\*Message and data rates may apply.





*Your first 30 days of integration  
to a lifetime of Optimal Wellbeing™*

**We know the power of the Habits of Health, and to make it even easier for you, we've created small habits – something you can easily complete. To assist you with your integration to a lifetime of Optimal Wellbeing™, we are going to start installing these manageable micro Habits of Health (mHOH) into your life.**

Since developing the foundational Habits of Health takes time, we'll get started with bite sized micro habits to build your confidence and awaken incremental changes that will lead to dramatic changes over time.

While these habits might seem incredibly small, by being extraordinarily easy to do and maintain, you will experience unbelievable results. Over time, they will become big enough to reprogram your brain to focus on your best interests. These small choices will lead to your lifetime of health because these micro habits are designed to help you succeed! They are weightless and powerful, and over the next 30 days, they will help you tremendously on your journey. You will begin to see the magic as your transformational journey unfolds.

Make the decision to commit to these micro Habits of Health daily.

*Today is a good day to be you.*



The OPTAVIA™ Way:

*Be extraordinary today.*



Week 1:

# Awaken with Habits of Healthy Weight Management

Micro Habit of Health 1:

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

To start you off, stick to your Optimal Weight 5 & 1 Plan™ of eating healthy, portion-controlled Fuelings every 3 hours. On top of that, drink one more glass of water each day than you are already drinking. You can do it in the morning, with one of your Fuelings, or in the evening – it's up to you! As long as it's one more glass than you would have normally, you can count that as a big win for the day because staying hydrated is not only essential to your overall health, but also helps fight cravings and hunger pains.


























Today and this week, you are focusing on drinking one additional glass each day than you would normally.

Another very important habit to embrace is to eat healthy, portion-controlled Fuelings every 3 hours. If we feed the body at regular intervals, we send a signal to the body that it doesn't have to count calories. Incorporating Habits of Health into your daily life can help you reach and maintain Optimal Health™.

# Week 1 Journal

	Day 1	Day 2	Day 3
Fueling	ex: Chia Bliss Smoothie		
Fueling	ex: Honey Chili Cranberry Nut Bar		
Fueling	ex: Spinach Pesto Mac and Cheese		
Fueling	ex: Dark Chocolate Coconut Curry Bar		
Fueling	ex: Honey Sweet Potatoes		
Lean & Green Meal	ex: 5 oz. Grilled Salmon, w/ 1½ cups Asparagus		
Habit of Motion* (activity)	ex: Yoga		

## Micro Habits of Health (mHOH)

Water Intake <i>(check off how many glasses of water you have each day)</i>  = 8 oz.	 1	 2	 3	 4	 1	 2	 3	 4	 1	 2	 3	 4
	 5	 6	 7	 8	 5	 6	 7	 8	 5	 6	 7	 8



# Quick Tips for your OPTAVIA 30™ Journey

## Day 1

Be sure to connect with your Health Coach today to ensure you are set for success! Remember, as your guide, your Health Coach is integral as you begin your journey, so don't hesitate to reach out to them if you have questions or need additional support.

## Day 2

Use your smartphone to set your alarm for a gentle reminder to enjoy your Fuelings every 2 - 3 hours each day. Alarms can be a great way to pace your day for success.

## Day 3

As you are working on this week's micro Habit of Health, consider keeping a water bottle handy at your desk or in your bag when you are on the go.



The OPTAVIA™ Way:

*You define what's  
possible today.*





Week 2:

## Connect Mindfulness and Awareness on your Journey

Continue to practice your Week 1 micro Habit of Health by incorporating an additional glass of water into your routine each day until you reach the desired amount of eight glasses (64 ounces or more). Check off the amount of water you've had each day in your log. This is a life-long habit you will want to keep!

This week, add micro Habit of Health 2: Write one sentence in your OPTAVIA 30™ log each day.

Micro Habit of Health 2:


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

As you begin to transform your body with healthy Fuelings, it's important to transform your mind as well. The more aware you are during your day-to-day life, the more your outlook transitions to Optimal Health™. Reflect on your day and think of a moment when perhaps you felt a craving and how you handled it, or even write down something that you're proud you accomplished. One sentence. That's it. The more aware and conscience you are, the more able you are to catch yourself before making choices that don't support your new orientation towards health. There's space below for each week. Incorporating this habit into your daily routine will create an important collage of your thoughts and feelings during your OPTAVIA™ Journey.

# Week 2 Journal

	Day 8	Day 9	Day 10
Fueling			
Fueling			
Fueling			
Fueling			
Fueling			
Lean & Green Meal			
Habit of Motion* (activity)			

## Micro Habits of Health (mHOH)

Water Intake  
*(check off how many glasses of water you have each day)*  
 = 8 oz.



### OPTAVIA™ Log

Day 8

Day 9

Day 10

Day 11

Day 12

Day 13

Day 14

Day 11	Day 12	Day 13	Day 14



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### Day 11

You aren't alone on this journey! As you are well aware, your Health Coach is with you every step of the way! But did you also know that there are thousands of people in our **OPTAVIA™** community for support as well? Connect with them on social media with **#OPTAVIA30** and share how being mindful has helped you.

### Day 12

By occasionally taking a little extra time in preparing your lean and green meal, your awareness of the quality of your Fuelings is increased. While we lead busy, fast-paced lives, occasionally a new and different recipe is just what you need to spice things up.

### Day 13

Progress vs. Perfection. All too often, we try to succeed by being perfect. Thus, when we are in need of a minor course adjustment, we can feel like we have failed. Your Health Coach is an amazing person to discuss this eventuality with. Not only have they most likely been in your shoes, they either have other Clients or a support team that can offer the resources you need to realign with your goals.

### Day 14

Celebrate the past week and plan ahead for the second half of your **OPTAVIA 30™** journey! Your Health Coach will share in your victories and offer their support as needed. Share your Win Of the Week with your social networks by using **#OPTAVIA30WOW** and remember to tag your Health Coach.



# Quick Tips for your OPTAVIA 30™ Journey

## Day 8

Practice mindfulness and awareness while you eat each of your Fuelings this week, by consuming your food slowly and mindfully. Spend at least 15 minutes eating each meal. Cut bars into small pieces, and eat one bite at a time. Reflect on the changes that you are experiencing now and in the future as you reach a healthy weight or head toward Ultra Health. What does an optimal life look like for you?

## Day 9

As you are practicing mindfulness, you will become more connected on what is truly most important to you, as well as begin to see some of your biggest opportunities. Connect with your Health Coach on suggestions and support during your OPTAVIA™ journey and beyond.

## Day 10

Hydration alert! As you learned last week, hydration is critical – not only to your health, but also to your success in reaching your goals. Be sure to keep building on this Habit of Health. For a new twist, try a healthy flavoring of your water this week.

The OPTAVIA™ Way:

*Make today an  
optimal day.*



Week 3:

## Transform with Habits of Healthy Sleep

Congratulations! You are two weeks into your **OPTAVIA™** journey, going on Week 3! You are still drinking your water and journaling each day. You are well on your way to installing new Habits of Health. This week's theme is on the importance of healthy sleep. Sleep is a critical part of Optimal Health™, but it is also one of the most overlooked. Getting seven to eight hours of restful sleep a night can reduce stress, weaken 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 new Habits of Healthy Sleep that also support your goal of reaching a healthy weight, your new micro Habit of Health is to drink one less cup of coffee, soda, or other caffeine source after 12 noon. According to the FDA, the average American drinks about 300 milligrams (mg) of caffeine per day, which is equivalent to three cups of coffee or eight cans of soda. If you eliminate the caffeine that you consume after 12 noon, you are 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!

# Week 3 Journal

	Day 15	Day 16	Day 17
Fueling			
Fueling			
Fueling			
Fueling			
Fueling			
Lean & Green Meal			
Habit of Motion* (activity)			

## Micro Habits of Health (mHOH)

Water Intake  
*(check off how many glasses of water you have each day)*  
 = 8 oz.



### OPTAVIA™ Log

Day 15

Day 16

Day 17

Day 18

Day 19

Day 20

Day 21

After 12 noon, did you have 1 less cup of caffeine?  
*(check the cup if you cut one each day and fill out how many you had)*



Day 18	Day 19	Day 20	Day 21



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## Day 18

Are you feeling more energetic as you focus on Optimal Health™ and your new micro Habits of Health? Share with others something that you've been able to accomplish in your life now that you have started to have even more energy! Your Health Coach and other members of the OPTAVIA™ community would love to hear how your life is transforming. Don't forget to use **#OPTAVIA30**

## Day 19

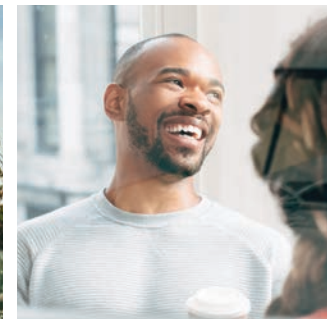
Many of us today are connected to our mobile devices for all hours of the day – and night. By simply charging your phone out of your reach, you will be more likely to not only get more sleep, but also have a natural wind down time each night to reflect on your day's successes and mentally prepare for tomorrow.

## Day 20

By now you will have found some favorite Fuelings. Connect with your Health Coach and let them know which options you love and make sure you are all set for your next order. Your Health Coach can show you how to edit your order template so that you get all of your newfound favorites!

## Day 21

Now is not the time to sleep! It's time to celebrate! For three weeks, you have been on a journey to integrate the four key elements of our proven system, including the Habits of Health, into a lifetime of Optimal Wellbeing™. Think about where you are now. Three weeks ago, did you think this was possible? Share with your community how your life has changed through this process. Be sure to tag your Health Coach and use **#OPTAVIA30** and **#OPTAVIA30WOW**



# Quick Tips for your OPTAVIA 30™ Journey

## Day 15

While drinking less caffeine is sure to help with your sleep, your Health Coach is a great resource for more tips on how to accomplish that. If caffeine isn't your vice, he or she can also help you with a strategy to take a simple step towards healthier sleep. For more information, read Chapter 17 in *Dr. A's Habits of Health*.

## Day 16

As you build your arsenal of micro Habits of Health, you'll start to see some significant transformations in your life. As you drink more water and practice mindfulness, as well as this week's micro habit of sleep, you are building the foundations of Optimal Wellbeing™.

## Day 17

Have a particularly long day and feel like you need an extra crunch? Celery, cucumbers, or 12 almonds can be just the boost you need to fuel your day in a healthy way. Check with your Health Coach for more ideas, or refer to pages 120-121 in *Dr. A's Habits of Health*.

The OPTAVIA™ Way:

*You have the power to  
shape your life today.*





Week 4:

# Share the Habits of Healthy Motion

Crazy workout routines, especially if you are not conditioned, can often do more harm than good. The Habits of Health that you're using already – eating healthy Fuelings every 3 hours, drinking more water, journaling, sleeping better by consuming less caffeine, and being mindful of your day – are making a difference in your life and will go a long way toward helping you to reach a healthy weight. Now, we recommend that you start to shift to being more active, and a small micro Habit of Health is actually a big start.

Micro Habit of Health 4:

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

Your new micro Habit of Health for the week is stand up during the first commercial break of your favorite television show. If you are already minimizing your sedentary lifestyle by not watching TV, stand for 2 minutes while reading a good book instead. By standing, you move out of an unhealthy seated position and activate almost every muscle in your body as you stabilize your posture. It sounds small, but one of the biggest health recommendations of this decade is that we simply sit down less, so 2 minutes extra of standing a day is a good start! Sharing this practice with your family will help everyone introduce more motion in their lives.

# Week 4 Journal

	Day 22	Day 23	Day 24
Fueling			
Fueling			
Fueling			
Fueling			
Fueling			
Lean & Green Meal			
Habit of Motion* (activity)			

## Micro Habits of Health (mHOH)

Water Intake  
*(check off how many glasses of water you have each day)*

 = 8 oz.



### OPTAVIA™ Log

Day 22

Day 23

Day 24

Day 25

Day 26

Day 27

Day 28

After 12 noon, did you have 1 less cup of caffeine?  
*(check the cup if you cut one each day and fill out how many you had)*



Standing

Standing for 2 minutes extra

Standing for 2 minutes extra

Standing for 2 minutes extra



# Quick Tips for your OPTAVIA 30™ Journey

## Day 22

As you've already found out, sitting can be unfavorable to your health. It's amazing that something so many of us do for most of the day is now one of the worst things we can do. As you work towards integrating this micro Habit of Health into your life, think about who of your friends and family could benefit from a little more activity. How can you share the Habits of Healthy Motion?

## Day 23

Sometimes, when we start our Optimal Health™ journey, our goals may be centered around the scale. When we sit back for a moment and reflect on what we really want, we are able to see the bigger picture of our Optimal Wellbeing™ and the journey we are on. Make a list of the reasons you started with your OPTAVIA™ journey, and share it with your Health Coach. This tool will be an invaluable asset now – and in the future. Pull it out when you need a little positive reinforcement.

## Day 24

Those additional 2 minutes of standing will build a foundation for even more activity in your life. But as you've probably noticed, sharing with others is a great way to connect. Why not bring things even closer to home? When you choose to park in one of the further away spots and walk with your family to the store, or choose activities like a walk after dinner or a hike with the kids, you are not just helping yourself! You are building a lifetime of the Habits of Healthy Motion for those you love as well!

The OPTAVIA™ Way:

*Embrace this day and  
the days ahead.*



Week 5:




















## Celebrate and Continue

You are about to finish your first 30 days of integration to a lifetime of Optimal Wellbeing™. The steps that you've taken on this journey are remarkable. There may have been times where you struggled. Just remember, the obstacle is often the way. You made it this far, and that momentum is powerful as you continue on your Optimal Wellbeing™ journey.

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

At times like these, reflecting back on what you've accomplished and pausing to celebrate can be just as important as installing new Habits of Health for the future. Celebrating takes you out of the moment so that you can step back and say, "Wow, I really did that!" To celebrate, post on Facebook and to your other social media networks about your progress, and tag your Health Coach. Give your Health Coach a call as we're sure they'd love to hear from you and share in your celebration. This is also the perfect time to discuss the next 30 days in your journey and the steps to move forward for a lifetime of Optimal Wellbeing™.

# Week 5 Journal

	Day 29	Day 30
Fueling		
Fueling		
Fueling		
Fueling		
Fueling		
Lean & Green Meal		
Habit of Motion* (activity)		
<b>Micro Habits of Health (mHOH)</b>		
Water Intake <i>(check off how many glasses of water you have each day)</i>  = 8 oz.	 1  2  3  4  5  6  7  8	 1  2  3  4  5  6  7  8
<b>OPTAVIA™ Log</b>		
Day 29		
Day 30		
After 12 noon, did you have 1 less cup of caffeine? <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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# Quick Tips for your OPTAVIA 30™ Journey

## Day 29

Celebrate! You made the decision to begin your OPTAVIA™ journey! These past days have been steeped in what works, and you've been able to incorporate micro Habits of Health, the support of your Health Coach, your OPTAVIA™ community, and adopt healthy eating habits through Fuelings! As you now know, Optimal Wellbeing™ is not a destination, but a journey. Welcome to a lifetime of Optimal Wellbeing™!

## Day 30

Congratulations! You did it! You completed your first 30 days of integration into a lifetime of Optimal Wellbeing™! As you worked with your Health Coach, there have been conversations about your goals and aspirations. While it's so important to have a plan of attack for your future, it's also important to mark your success. What has changed in your life in the past 30 days? One great way to mark your success is by posting a before and after picture – or even just an after! – to visually illustrate this and share your first 30 days of OPTAVIA™. We invite you to share with your friends and family on social media by downloading and posting the official OPTAVIA 30™ badge located on the OPTAVIA 30™ Facebook page as a symbol of your achievement!

The first 30 days is a great start. OPTAVIA 30™ can be there for anytime you want to refocus. OPTAVIA™ is a way of life and will continue to unfold as you progress on your six-step path to Optimal Wellbeing™. Keep up the momentum by reaching out to your Health Coach to begin planning your next set of Optimal Wellbeing™ goals! This is just the beginning of an incredible lifelong journey for you, one that is sure to be filled with many more great accomplishments!



*Your Health Coach is  
your guide on your journey  
of a lifetime.*

Contact Your Health Coach

Name \_\_\_\_\_

ID# \_\_\_\_\_

Phone# \_\_\_\_\_

Email \_\_\_\_\_

Your Client ID# \_\_\_\_\_

Website \_\_\_\_\_





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*Share your journey*  
#OPTAVIA30





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