



OPTAVIA®

OPTAVIA GUIDE

Your First 30 Days of Integration
to Lifelong Transformation,
One Healthy Habit at a Time®

MEDICAL DISCLAIMER:

The Company ("We") recommends that you consult your healthcare provider prior to starting any weight loss program, and during the course of your weight loss program. Do NOT use any OPTAVIA® plan if you are pregnant or under the age of 13.

Before starting a weight loss program, talk with your healthcare provider about the program, and about any medications or dietary supplements you are using, including especially Coumadin (warfarin), lithium, diuretics, or medications for diabetes, high blood pressure or thyroid conditions. Do not participate in any OPTAVIA Program until you are cleared by your healthcare provider if you have or have had a serious illness (e.g. cardiovascular disease including heart attack, diabetes, cancer, thyroid disease, liver or kidney disease, eating disorders such as anorexia or bulimia), or any other condition requiring medical care or that may be affected by weight loss.

The OPTAVIA for Teens plan is the only OPTAVIA Program appropriate for teens (13 to 17 years of age). The Optimal Weight 5 & 1 Plan is NOT appropriate for teens, sedentary older adults (65 years and older), nursing mothers, people with gout, some people with diabetes, and those who exercise more than 45 minutes per day - if you fall into one of these categories, please consult your healthcare provider and refer to www.OPTAVIA.com and talk with your independent OPTAVIA Coach about other OPTAVIA plans that may be appropriate. For special medical or dietary needs, including food allergies, refer to our program information online, consult your healthcare provider and talk to your OPTAVIA Coach. Do not consume an OPTAVIA product if you are allergic to any of that product's ingredients which are listed on the product packaging and on the OPTAVIA website.

We recommend drinking 64 ounces of water each day. Consult with your healthcare provider prior to changing the amount of water you drink as it can affect certain health conditions and medications.

NOTE: Rapid weight loss may cause gallstones or gallbladder disease or temporary hair thinning in some people. While adjusting to the intake of a lower calorie level and dietary changes, some people may experience dizziness, lightheadedness, headache, fatigue, or gastrointestinal disturbances (such as abdominal pain, bloating, gas, constipation, diarrhea, or nausea). Consult your healthcare provider for further guidance on these or any other health concerns. Seek immediate medical attention if you experience muscle cramps, tingling, numbness, confusion, or rapid/irregular heartbeat as these may be a sign of a more serious health condition.

For avoidance of doubt, the OPTAVIA Programs and products are not labelled, advertised or promoted for any specific medicinal purpose, i.e. treatment or prevention, implied or otherwise, of any disease or disorder, including its related conditions.

The OPTAVIA Programs, products, and any of its materials and/or information do not in any way constitute medical advice or substitute for medical treatment. As individuals may have different responses to dietary products or changes in diet, consult with your healthcare provider regarding any medical concerns.

For further information regarding this Medical Disclaimer, call Nutrition Support at 1.888. OPTAVIA or email at NutritionSupport@OPTAVIA.com.

be extraordinary today

Week 1:

Habits of Healthy Eating and Hydration

microHabit of Health 1:
Drink one extra glass of water a day.*

Start the Optimal Weight 5 & 1 Plan and eat six small meals per day. Then drink one more glass of water per day than you currently do. Whether in the morning, with a Fueling or in the evening, just one additional glass can be a big win. Staying hydrated is essential to health and helps fight food cravings.

Today and this week, focus on drinking one additional glass of water each day. Use the Habits of Health App to track your water and Fuelings from day 1.

 **Recommended readings:** Part 2.5 in *Dr. A's Habits of Health, Second Edition* and Element 10 in *Your LifeBook*.

*We recommend drinking 64 ounces of water each day. Consult with your healthcare provider prior to changing the amount of water you drink as it can affect certain health conditions and medications.

Quick Tips for your **OPTAVIA** 30 Journey

Day 1

Be sure to connect with your independent **OPTAVIA** Coach!
Your Coach will help steer you to success so reach out any time with questions or for support.

Day 2

Use the Habits of Health App to set a reminder to enjoy your Fuelings every two to three hours. Alarms can be a great way to pace your day for success.

Day 3

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

Day 4

Lean on your **OPTAVIA** Coach. Make a plan together to discuss this week and next. Make sure to set up the next time to connect with them so that you have a strong plan for how you will wrap up this week and plan for the next. Also, share your experience to help others. Connect to the **OPTAVIA** Community on social media and use **#OPTAVIA**

Day 5

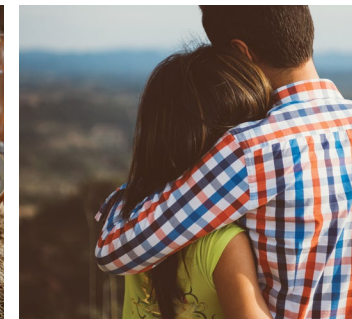
If you are following our Optimal Weight 5 & 1 Plan, you're likely experiencing the power of being in a gentle, but efficient fat-burning state. Keep up the great work! Your first five days is a perfect time to work with your **OPTAVIA** Coach to ensure success.

Day 6









Now is a great time to work with your **OPTAVIA** Coach to get started with *Your LifeBook* in creating your story of lifelong transformation.


Day 7

The **OPTAVIA** 30 experience is more fun with friends, so keep sharing on social! Talk about your story, your goals, your journey, and your biggest win of the week. Be sure to tag your friends and **OPTAVIA** Coach and use **#OPTAVIA** and **#LifelongTransformation**



week 1 journal

	Example Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Fueling	ex: Caramel Macchiato Shake							
Fueling	ex: Creamy Double Peanut Butter Crisp Bar							
Fueling	ex: Roasted Garlic Creamy Smashed Potatoes							
Fueling	ex: Cinnamon Sugar Sticks							
Fueling	ex: Chewy Chocolate Chip Cookie							
Lean & Green Meal	Check out OPTAVIA on Pinterest for Lean & Green recipes!							
microHabits of Health (mHOH)								
Water Intake <i>(check off how many glasses of water you have each day)</i> 💧 = 8 oz.								



*you define what's
possible today*

Week 2:

Be Mindful

Continue your week 1 microHabit of Health by incorporating an additional glass of water daily until you reach eight glasses (64 ounces)*. Note the amount of water you've had each day in your log or by using the Habits of Health App.

microHabit of Health 2:

Write one sentence in your OPTAVIA 30 log each day.

As your transformation begins with healthy Fuelings, you will begin to learn mindfulness. Each day, reflect on a moment when you felt a craving and how you handled it, or write about an accomplishment. One sentence is all it takes. Mindfulness helps you avoid choices that lead you away from success. Incorporating this habit into your daily routine will give you an important record of your thoughts and feelings during your **OPTAVIA** journey.



Recommended reading: Element 4 in *Your LifeBook*.

*We recommend drinking 64 ounces of water each day. Consult with your healthcare provider prior to changing the amount of water you drink as it can affect certain health conditions and medications.

Quick Tips

Day 8

Practice mindfulness as you eat your Fuelings this week, consuming food slowly and thoughtfully. Spend at least 15 minutes eating each meal. Cut bars into small pieces, and eat one bite at a time. Reflect on changes you're experiencing. What does an optimal life look like to you?

Day 9

As you practice mindfulness, you will become more connected to what matters most, and begin seeing your biggest opportunities. Connect with your **OPTAVIA** Coach for suggestions and support.

Day 10

Hydration alert! As you learned last week, hydration is vital for your health and for reaching your goals. So keep building on this Habit of Health. Use the Habits of Health App to track your water intake!**Day 11** With **OPTAVIA**, you're never alone. In addition to your **OPTAVIA** Coach, there are thousands of people in the **OPTAVIA** Community to support you. Connect with them on social media at **#OPTAVIA** and **#LifelongTransformation** to share how mindfulness has helped you.

Day 12

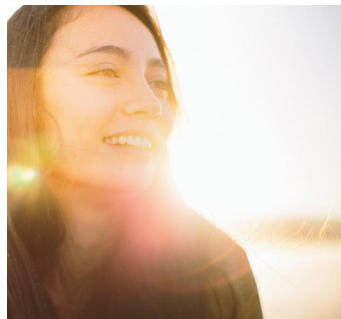
On occasion, take some extra time when preparing your Lean & Green meal to be mindful of what you're doing and how it's making you feel. While we lead busy lives, a new and different recipe can really spice things up.

Day 13



Progress vs. Perfection. Most of us try to succeed by being perfect. So when we just need a minor course adjustment, we may feel we've failed. Your **OPTAVIA** Coach can help you move past these feelings and give you fresh perspective along the way, as they have been in your shoes and can help steer you to success. If you haven't yet started using *Your LifeBook*, this is a great time to start!

Day 14

Celebrate the past week and plan for the second half of your **OPTAVIA** 30 journey! Your **OPTAVIA** Coach will celebrate your victories with you and offer support from their own experiences. Share your win of the week on social using **#OPTAVIA** or **#LifelongTransformation** and tag your **OPTAVIA** Coach.



week 2 journal

	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Fueling							
Fueling							
Fueling							
Fueling							
Fueling							
Lean & Green Meal							
microHabits of Health (mHOH)							
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	 1  2  3  4  5  6  7  8	 1  2  3  4  5  6  7  8	 1  2  3  4  5  6  7  8	 1  2  3  4  5  6  7  8	 1  2  3  4  5  6  7  8
OPTAVIA Log							
Day 8							
Day 9							
Day 10							
Day 11							
Day 12							
Day 13							
Day 14							

*every positive change
leads to more*



Week 3:

Transform with Habits of Healthy Sleep & Energy Management

Congratulations! You are two weeks in! You're drinking water and journaling daily, well on your way to integrating new Habits of Health into your daily life. This week's theme is healthy sleep. Sleep is a crucial part of optimal health, but is often overlooked. Getting seven to eight hours of restful sleep nightly can reduce stress, reduce food cravings, prevent overeating and improve memory.* Those are some big rewards!

microHabit of Health 3:

**Drink one less cup of coffee, soda or other
caffeine source after 12 noon each day.**

To build Habits of Healthy Sleep and Energy Management that support reaching a healthy weight, your new microHabit of Health is to drink one less cup of coffee, soda or other caffeine source after noon each day. According to the FDA, the average American drinks about 300 milligrams (mg) of caffeine per day, equivalent to three cups of coffee or eight cans of soda. If you eliminate caffeine after noon, you're 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.



*Recommended readings: Part 2.13 in *Dr. A's Habits of Health, Second Edition* and Element 19 in *Your LifeBook*.

Quick Tips

Day 15

Drinking less caffeine can improve your sleep quality. Your **OPTAVIA** Coach is a great resource for simple steps leading to healthier sleep.

Day 16

As you build on microHabits of Health, you'll start to see some significant transformations. Drinking more water and practicing mindfulness, together with this week's microHabit of sleep, sets the foundation for optimal health and wellbeing.

Day 17

Had a long day and need an extra crunch? An optional snack can be just the boost you need to fuel your day in a healthy way. Check with your **OPTAVIA** Coach for ideas, or refer to the 'Optional Snacks' section in this guide on page 21.

Day 18

Feeling more energetic as you focus on optimal health and your new microHabits of Health? Use that new energy to share an accomplishment with your **OPTAVIA** Coach, and with the **OPTAVIA** Community via social media using **#OPTAVIA** and **#LifelongTransformation**

Day 19

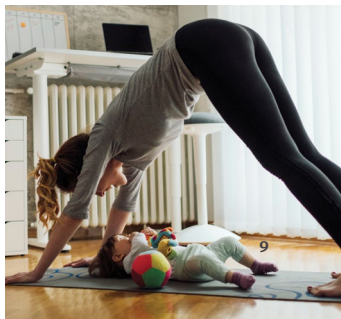
Most of us are connected to our mobile devices all day and well into the night. By charging your phone out of reach, you'll likely get more sleep, and enjoy relaxed time to reflect on the day's successes and prepare for tomorrow.

Day 20

By now you will have found some favorite Fuelings. Tell your **OPTAVIA** Coach which options you love and make sure you're set for your next Premier order. Your **OPTAVIA** Coach can show you how to edit your order template to get all of your new found favorites!

Day 21


It's time to celebrate! For three weeks, you've been integrating the four elements of our proven system, including the Habits of Health App and *Your LifeBook* into your daily life. Three weeks ago, did you think this was possible? Use social media to share how your life has been transforming. Be sure to tag your **OPTAVIA** Coach and use **#OPTAVIA** and **#LifelongTransformation**



week 3 journal

	Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
Fueling							
Fueling							
Fueling							
Fueling							
Fueling							
Lean & Green Meal							

microHabits of Health (mHOH)

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

 1	 2	 3	 4
 5	 6	 7	 8

 1	 2	 3	 4
 5	 6	 7	 8

 1	 2	 3	 4
 5	 6	 7	 8

 1	 2	 3	 4
 5	 6	 7	 8

 1	 2	 3	 4
 5	 6	 7	 8

 1	 2	 3	 4
 5	 6	 7	 8

 1	 2	 3	 4
 5	 6	 7	 8

OPTAVIA Log

Day 15	
Day 16	
Day 17	
Day 18	
Day 19	
Day 20	
Day 21	

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

 <input type="checkbox"/>
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 <input type="checkbox"/>
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 <input type="checkbox"/>
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 <input type="checkbox"/>
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 <input type="checkbox"/>
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 <input type="checkbox"/>
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 <input type="checkbox"/>
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*you have the power to
shape your life today*

Week 4:

Share the Habits of Healthy Motion

Intense workouts, especially if you're not ready, may do more harm than good. The Habits of Health you've already integrated—eating healthy Fuelings every two to three hours, drinking more water, journaling, sleeping better by consuming less caffeine and being mindful – are making a difference in your life. Now, we recommend you start being more active with this microHabit of Health.

microHabit of Health 4:
Stand for an extra 2 minutes a day.

Your new microHabit of Health for the week is to stand up during your favorite TV show or while reading a book. Standing activates almost every muscle in your body as you stabilize your posture. It sounds small, but one of the biggest health recommendations in years is to sit down less, so 2 minutes extra of standing a day is a good start! Share this practice with your family and friends to introduce more motion into their lives.*



Recommended readings: Parts 2.9-2.12 in *Dr. A's Habits of Health, Second Edition* and Elements 17-18 in *Your LifeBook*.

*When on the Optimal Weight 5 & 1 Plan, we recommend 30 minutes of moderate exercise while limiting exercise to 45 minutes of light to moderate physical activity each day. We also recommend checking with your healthcare provider before starting any exercise program.

Quick Tips

Day 22

You now know sitting for long periods can be unhealthy. As you integrate standing more as a microHabit of Health, think about friends and family who could benefit from a bit more activity. How can you share the Habits of Healthy Motion?

Day 23

Sometimes when we start our journey, our goals center on the scale. But we believe optimal health is about what's added to your life, not what's subtracted. Reflect on your larger health goals. List reasons why you joined the **OPTAVIA** Community and share them with your **OPTAVIA** Coach. This will give you positive reinforcement when you need it.

Day 24

Two more minutes of standing will build a foundation for more activity. Spread the benefits to people you care about most. By walking with your family to the store, strolling after dinner, or hiking with the kids, you're building Habits of Healthy Motion for those you love!**Day 25**
Note how your clothes fit as your body changes, which doesn't always show up instantly on the scale. Remember, it's about a healthier you, living your best life. Journal how you feel physically, mentally and emotionally. Who in your life might benefit from what you're doing? Tag them in a post with your **OPTAVIA** Coach on social media, or connect them directly. You can even pay it forward and decide to coach them yourself!

Day 26

Tried one of our Lean & Green recipes? Awaken your taste buds by mixing things up a bit! Visit our **OPTAVIA** Pinterest page, share your favorite recipe and include friends who may be ready for optimal health. Tag your **OPTAVIA** Coach as they may have recipes to share.

Day 27

You've been journaling for several days now. Today, reread your daily entries and reflect on your next health goals. Your **OPTAVIA** Coach and *Your LifeBook* will help you continue to successfully integrate the Habits of Health and create a plan of action to ensure your continued success for Lifelong Transformation, One Healthy Habit at a Time.

Day 28

One of the best ways to make physical activity even more enjoyable is to share the experience. What group activity can you arrange for family or friends? Share with your social networks and when local connections comment, invite them to join you! Be sure to tag **#OPTAVIA** and **#LifelongTransformation**





*embrace this day and
the days ahead*

Week 5:

Celebrate and Continue

You are about to finish your first 30 days! The steps you've taken are remarkable. You may have had challenges at times, but the obstacle is the way. You made it this far, and that momentum is powerful as you continue on your transformational journey.

microHabit of Health 5:
Celebrate Your Victories.

Your independent **OPTAVIA** Coach and *Your LifeBook* will help you reflect on and celebrate the integration of each new habit along your journey, giving you the opportunity to step back and say, "Wow, I really did that!" Share your excitement on Facebook and other social media channels, and tag your **OPTAVIA** Coach using **#OPTAVIA**

Call your **OPTAVIA** Coach to celebrate and discuss your next 30 days!

Quick Tips

Day 29

Celebrate! You began your **OPTAVIA** journey to lifelong transformation, incorporated microHabits of Health, were supported by your **OPTAVIA** Coach and the **OPTAVIA** Community, and adopted healthy eating habits through Fuelings!

Day 30

Congratulations – you completed your first 30 days! A great way to mark these changes is to post a before and after picture (or even just an after of how your life has changed in 30 days).* Share it on social media using the official **OPTAVIA** 30 badge found on the **OPTAVIA** 30 Facebook page and #LifelongTransformation

What's next? As you complete your first 30 days, this is just the beginning of your journey to Lifelong Transformation, One Healthy Habit at a Time! Continue to work with *Your LifeBook* and the support of your **OPTAVIA** Coach as you create your story of optimal health and wellbeing.

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



week 5 journal

	Day 29	Day 30
Fueling		
Fueling		
Fueling		
Fueling		
Fueling		
Lean & Green Meal		
Habit of Motion* (activity)		
microHabits of Health (mHOH)		
Water Intake <i>(check off how many glasses of water you have each day)</i> ☾ = 8 oz.	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;"> 1 2 3 4 5 6 7 8 </div> <div style="text-align: center;"> 1 2 3 4 5 6 7 8 </div> </div>	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;"> 1 2 3 4 5 6 7 8 </div> <div style="text-align: center;"> 1 2 3 4 5 6 7 8 </div> </div>
OPTAVIA Log		
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>	<div style="display: flex; align-items: center; gap: 10px;"> <div style="text-align: center;"></div> <div style="border-left: 1px solid black; height: 20px; width: 10px;"></div> <div style="text-align: center;"><input type="checkbox"/></div> </div>	<div style="display: flex; align-items: center; gap: 10px;"> <div style="text-align: center;"></div> <div style="border-left: 1px solid black; height: 20px; width: 10px;"></div> <div style="text-align: center;"><input type="checkbox"/></div> </div>
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.

2 What are you most excited about as you continue your **OPTAVIA** journey?

3 Who in your life would benefit from beginning their own **OPTAVIA** journey?
