



Welcome!



Our Story, Our
Credibility, Our Mission

Evolving from Take Shape For Life® to OPTAVIA™ 2016 - 2017

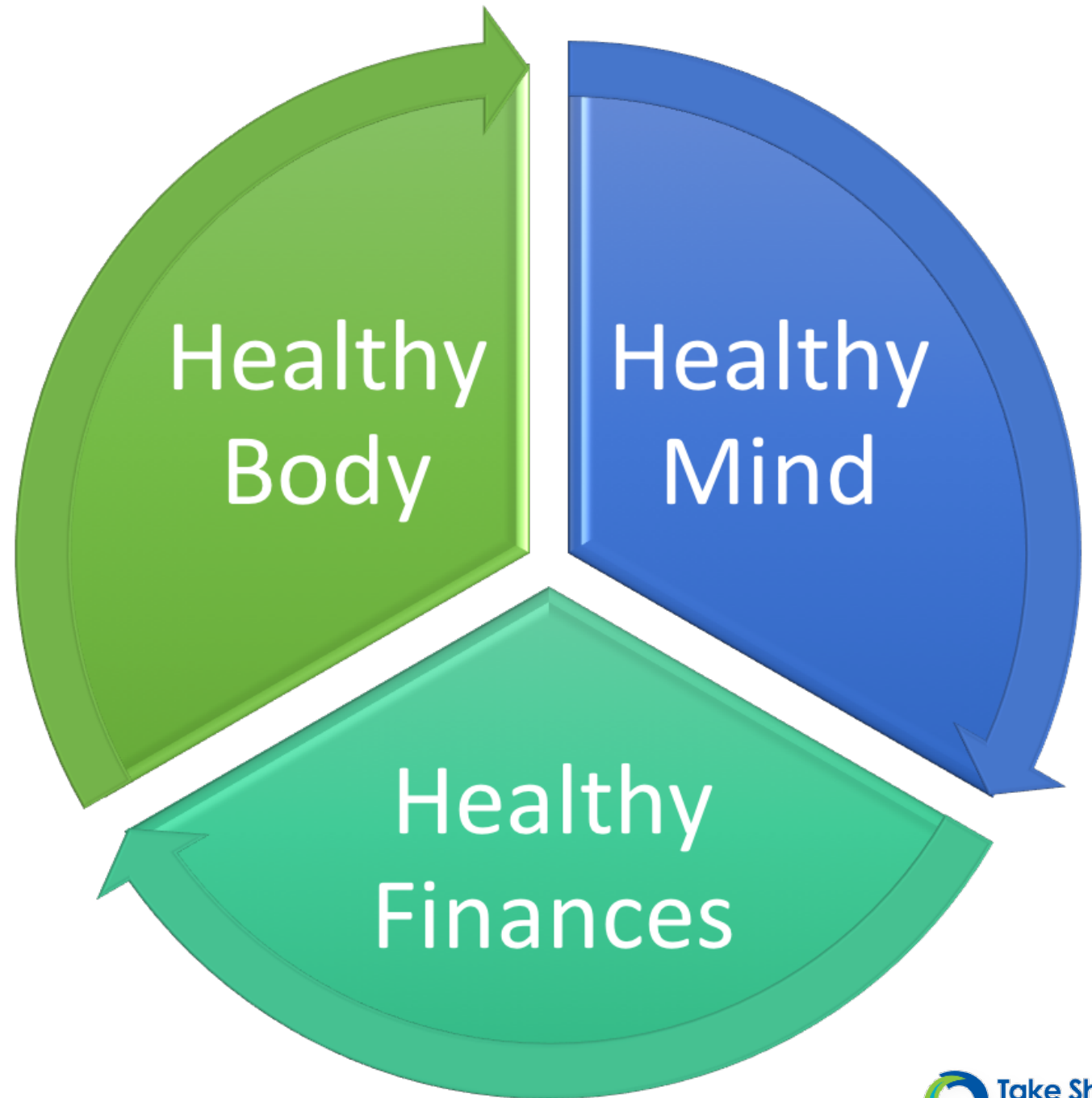


OPTAVIA™



What We Offer

The Trilogy of Optimal Health®

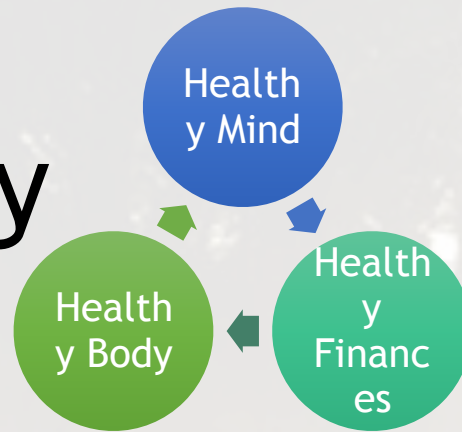




How Healthy Are You?

Healthy Body

- Healthy **Weight**
- Healthy **Eating**
- Healthy **Motion**
- Healthy **Sleep**
- Healthy **Stress Reduction**

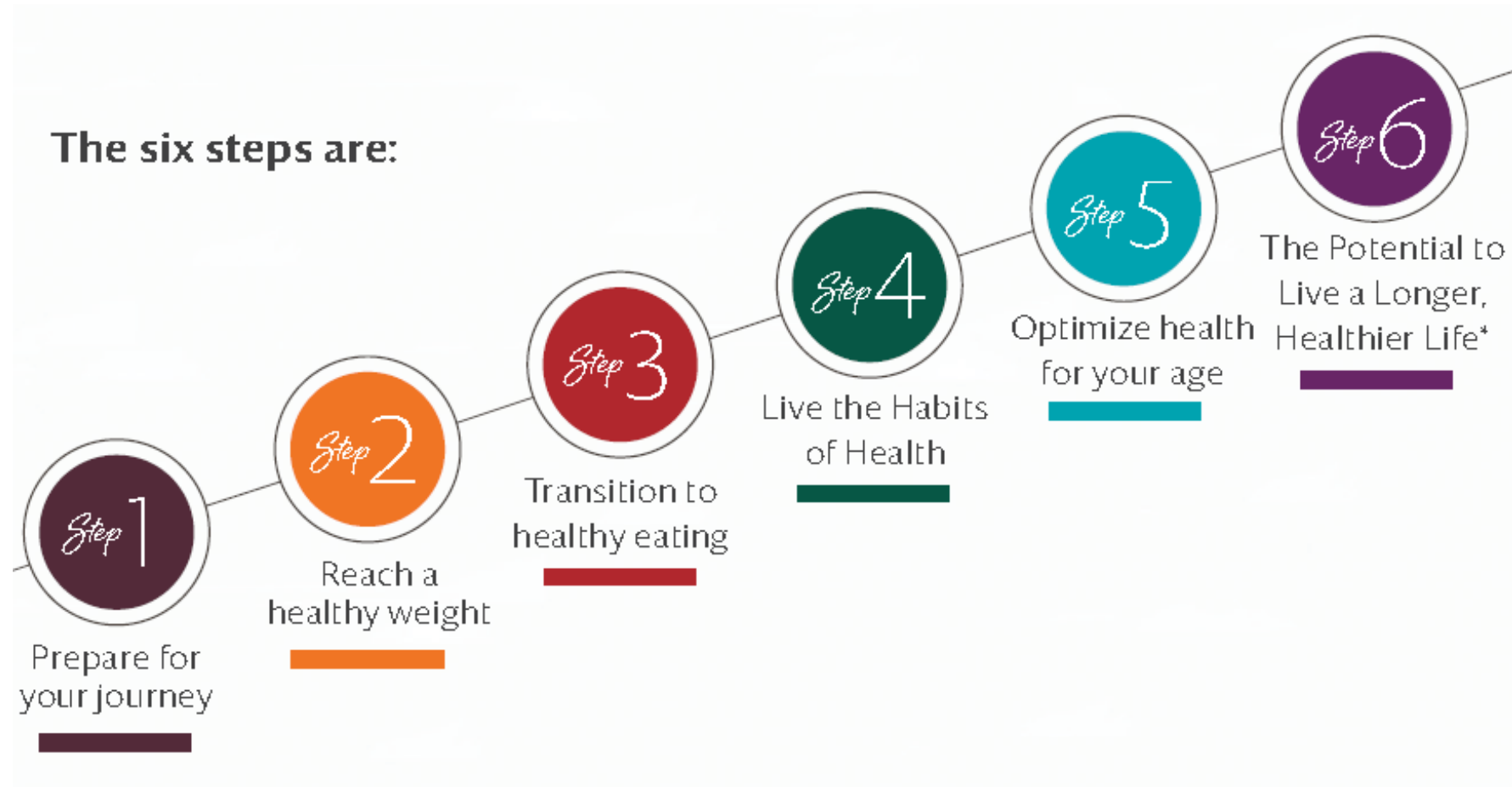


Healthy Body Story Here

- Suggestion: insert one powerful visual - this picture is what Take Shape For Life represents in my life...and then briefly tell your story

“Average weight loss for Clients on the Optimal Weight 5&1 Plan™ with support is 20 pounds. Clients are in weight loss, on average, for 12 weeks.”

The Path to Optimal Physical Wellbeing



**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.*



Health Coach



Habits of
Health System



Community



Fuelings

The 4 Components of Our System

Our Results are Simply Extraordinary

Ron



Shirley



“Average weight loss for Clients on the Optimal Weight 5&1 Plan™ with support is 20 pounds. Clients are in weight loss, on average, for 12 weeks.”



Predictable Transformation

* Average weight loss for Clients on the Optimal Weight 5&1 Plan™ with support is 20 pounds. Clients are in weight loss, on average, for 12 weeks.



Healthy Mind

*“Organizing Your Life Around
What Matters Most”*



Healthy Mind Story Here

- Suggestion: insert one powerful visual - this picture is what Take Shape For Life represents in my life...and then briefly tell your story

“Average weight loss for Clients on the Optimal Weight 5&1 Plan™ with support is 20 pounds. Clients are in weight loss, on average, for 12 weeks.”



What Does “Organizing Your
Life Around What Matters
Most” Mean to You?

Healthy Finances

“Living an abundant life”

Healthy Mind

Healthy Body

Healthy Finances

Healthy Finances Story Here

- Suggestion: insert one powerful visual - this picture is what Take Shape For Life represents in my life...and then briefly tell your story

“Take Shape For Life makes no guarantee of financial success. Success with Take Shape for Life results only from successful sales efforts, which require hard work, diligence, skill, persistence, competence, and leadership. Your success will depend upon how well you exercise these qualities. For more information regarding earnings under the Take Shape For Life Integrated Compensation Plan, please see our Income Disclosure Statement.”



What Does “Living an
Abundant Life” Mean to You?



Where Do You Go From Here?

A photograph of a stone archway in a rustic building. The arch is made of reddish-brown bricks and leads to a view of rolling green hills under a bright sky. A low stone wall is visible in the foreground, and some pink flowers are in the bottom right corner.

Getting Started is Easy!

- Yes! I want to elevate my wellbeing in 2017 and improve my health journey. I would like to invest in myself by ordering a 30 day **OPTAVIA™** or **BeSlim®** kit and get started!
- I want to pay it forward and help others improve their own wellbeing and lives. I would like to invest in myself by ordering a Health Coach kit and become a Health Coach.
- I am interested in staying connected to this Optimal Wellbeing™ Community. Please keep me up to date with stories and information.



Take Shape For Life®

Integrated Compensation Plan



Take Shape For Life® Income Disclosure Statement 2015*

2015 Average Annual Income Ranges of ALL Health Coaches

Range	% of Health Coaches	Average No. of Months in the business	Median No. of Months in the business
No Earnings	28.1%	14	12
\$0.01 - \$100.00	8.5%	25	15
\$100.01 - \$250.00	10.8%	26	18
\$250.01 - \$500.00	11.0%	30	23
\$500.01 - \$1,000.00	11.6%	32	24
\$1,000.01 - \$2,500.00	12.4%	33	24
\$2,500.01 - \$5,000.00	6.3%	34	25
\$5,000.01 - \$7,500.00	2.5%	37	29
\$7,500.01 - \$10,000.00	1.5%	38	29
\$10,000.01 - \$15,000.00	1.8%	39	33
\$15,000.01 - \$20,000.00	1.2%	40	33
\$20,000.01 - \$30,000.00	1.5%	44	37
\$30,000.01 - \$50,000.00	1.5%	53	46
\$50,000.01 - \$100,000.00	0.9%	63	60
\$100,000.01 - \$200,000.00	0.2%	77	80
\$200,000.01+	0.1%	92	92

**Based on 2015 Average Annual Income Ranges of ALL Take Shape For Life® Health Coaches*

These figures are not guarantees or projections of expected earnings or profits, and the income levels represented do not include expenses Health Coaches may have incurred in building their businesses. Take Shape For Life® makes no guarantee of financial success. Success with Take Shape For Life® results only from successful sales efforts, which require hard work, diligence, skill, persistence, competence, and leadership. Your success will depend upon how well you exercise these qualities.

Thank You

OPTIONAL EXERCISE

Optional Exercise - Wellbeing Evaluation

ELEVATE NOW

JANUARY 7TH 2017

TRANSFORM YOURSELF

MAKING OPTIMAL HEALTH A REALITY

HEALTHY BODY

	BAD	POOR	Fair	GOOD	OPTIMAL					
WEIGHT STATUS	1	2	3	4	5	6	7	8	9	10
EATING HABITS	1	2	3	4	5	6	7	8	9	10
PHYSICAL ACTIVITY	1	2	3	4	5	6	7	8	9	10
SLEEPING	1	2	3	4	5	6	7	8	9	10
RELAXATION	1	2	3	4	5	6	7	8	9	10
SAFE AND HEALTHY <small>(Work/Home/Play)</small>	1	2	3	4	5	6	7	8	9	10

SCORE ____ / 60

HEALTHY MIND

	BAD	POOR	Fair	GOOD	OPTIMAL					
MOST RELATIONSHIPS	1	2	3	4	5	6	7	8	9	10
ATTITUDE AT WORK	1	2	3	4	5	6	7	8	9	10
MEANING & PURPOSE	1	2	3	4	5	6	7	8	9	10
SPIRITUALITY/FAITH	1	2	3	4	5	6	7	8	9	10
COMMUNITY SERVICE	1	2	3	4	5	6	7	8	9	10
HOBBIES/FUN	1	2	3	4	5	6	7	8	9	10

SCORE ____ / 60

HEALTHY FINANCES

	BAD	POOR	Fair	GOOD	OPTIMAL					
ABUNDANCE	1	2	3	4	5	6	7	8	9	10
RESOURCES TO <small>Mitigate stress</small>	1	2	3	4	5	6	7	8	9	10
MONEY MANAGEMENT	1	2	3	4	5	6	7	8	9	10
MONEY TO DO <small>What you want</small>	1	2	3	4	5	6	7	8	9	10
RESOURCES TO CREATE <small>What you need/perpetuate</small>	1	2	3	4	5	6	7	8	9	10
COMMUNITY <small>Contributions</small>	1	2	3	4	5	6	7	8	9	10

SCORE ____ / 60

WHERE ARE YOU NOW?

	BAD	POOR	Fair	GOOD	NEUT	OPTIMAL
PHYSICAL HEALTH	10	20	30	40	50	60
MENTAL HEALTH	10	20	30	40	50	60
FINANCIAL HEALTH	10	20	30	40	50	60

WHAT WAS YOUR CUMULATIVE SCORE

	BAD	POOR	Fair	GOOD	NEUT	OPTIMAL
OVERALL WELLBEING	20	60	90	120	150	180

BASED ON YOUR SCORES FROM THE WELLBEING EVALUATION, ARE THERE ANY AREAS THAT YOU WOULD LIKE TO IMPROVE OR ENHANCE?

Take a moment to reflect on your goals for 2017 and then complete the following sentence: "By the end of 2017, I will..."

Be as creative and as imaginative with your answer as you would like! Think about all the possibilities for your life and health!

By the end of 2017, I will...

AFTER COMPLETING THE EXERCISE, DECIDE WHERE YOU WANT TO GO FROM HERE.

Choose one of the options below, and speak to your Health Coach about making 2017 your best year yet!

OPTION 1

You! I want to elevate my wellbeing in 2017 and improve my Optimal Wellbeing journey. I would like to invest in myself by ordering a 30-day OPTAVIA™ or iNSIDE™ kit to get started!

OPTION 2

I want to pay it forward and help others improve their own Optimal Wellbeing™. I would like to invest in myself by ordering a Health Coach Business Kit and become a Health Coach.

OPTION 3

I am interested in staying connected to this Optimal Wellbeing™ Community. Please keep me up-to-date with news and information.

Take Shape For Life.

NAME _____
EMAIL ADDRESS _____
ADDRESS 1 _____
ADDRESS 2 _____
CITY _____ STATE _____ ZIP _____
PHONE # _____

At
the
end of
2017,
I
will....

