

Checklist for Success

- ☑ Since the first three days can sometimes be the most difficult, start the program when it will be the easiest for you. Many will start on a Monday.
- ☑ Plan Your Day - Write down what times you will eat and what products you will have that day. Also, make sure you are prepared for your lean and green meal.
- ☑ Kickstart your day with breakfast as soon as you get out of bed. Breakfast is also the kickstart for your weight loss.
- ☑ Eat something every 2-3 hours. Consuming less than the 6 meals (5 Medifast and 1 lean and green meal) can actually slow your weight loss.
- ☑ Drink Plenty of Water. Water is a key essential to helping your body function optimally. Drinking water will assist in the weight loss process. Many people mistake thirst for hunger.
- ☑ Exercise - If you are already exercising, cut it in half. If you are not in an exercise routine, begin to incorporate aerobic exercise after you have been on the program for a few days and you feel your energy increase. Slowly work in resistance training after your body has had time to adjust to the program.
- ☑ Read the Quick Start Handbook that will be included with your first order. This is full of information that will assist you in your success.
- ☑ Keep in contact with your health coach. If you have chosen to work with a health coach, use them as a resource. If you have chosen to not work with a health coach at this time, just know that you can ask for assistance at any time.