

My Step by Step Action Plan

Name:				
Age:	Height (cm):	Current Weight (kg):	Healthy Weight (kg):	I need to lose(kg):
BMI(Body Mass Index):	Protein Factor:	Resting Metabolic Rate:	Weight Management plan:	Daily Calorie Intake:
Simply go to: www.herbalifeww.com/au/Distributor_Services/LeanProtein.html to fill in the boxes above.				

Step 1: Fill in your age, height and current weight information above.

Step 2: Find your healthy weight range from this table and fill in.

Step 3: Use the link above and enter your height and weight information to get your BMI, Protein Factor, Resting Metabolic Rate and Weight Management Plan information.

Step 4: Take accurate starting measurements and fill in on the Progress Chart.

Step 5: Take a "Before" photo to remind yourself what you looked like after you get to your target weight.

Step 6: An easy nutritious way to good health and weight loss is to substitute 2 meals a day with a replacement meal shake. Herbalife offers a variety of programs targeted to help you lose weight safely and keep it off.



You simply take your supplements 3 times a day, substitute 2 meals with a healthy, nutritious shake and add 1 colourful meal. **My favourite shake recipe is: 2 x scoops Formula 1 Vanilla shake mix, 1 x scoop Personalised Protein Powder, 300 ml skim milk, 100g tinned apricot halves, blended together, delicious!**

Step 7: Drink plenty of water (at least 1.5ltr per day).

Step 8: Set up an exercise regime. If you're not used to exercising start slowly, one of the cheapest and best ways to start off slowly is simply going for a 30 minute walk every day.

Step 9: Keep a food diary, this helped me enormously as I could add up the calories of everything I put in my mouth and it helped me to make healthy food choices. **You can sign up for a free account at www.calorieking.com.au for an online food diary with a database of over 50,000 Australian foods, this makes it very easy to know how many calories you've eaten each day.**

Step 10: Keep you goal weight in site, there may be times when you don't lose as much weight as others but you will find your shape changing so don't forget to record your measurements on your Progress Chart and you'll soon shrink into your ideal weight. **On our Herbalife programs you can lose between 4-5 kg per month, so if you have 10 kilos to lose it will take at least 2 months.** Order Herbalife products directly online: www.myherbhealth.com

Height (cm)	Height (ft. in)	Healthy Weight Range (kg)
148	4'10"	44-55
150	4'11"	45-56
152	5'0"	46-58
155	5'1"	48-60
158	5'2"	50-62
160	5'3"	51-64
162	5'4"	52-66
165	5'5"	54-68
168	5'6"	56-71
170	5'7"	48-72
173	5'8"	59-74
175	5'9"	61-76
178	5'10"	63-79
180	5'11"	65-81
183	6'0"	66-83
185	6'1"	68-85
188	6'2"	71-88
190	6'3"	72-90
193	6'4"	74-92
196	6'5"	77-96

Jayne Saddington – Herbalife Independent Distributor – 0407 325 291

Personal Weight Control Progress Chart

Name: _____ Phone: _____

"My Clothing Size Goal is _____ by _____ date"

Indicates day or week to call your Distributor with results. Be sure to ✓ off the box after you talk.

	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Program Day	Day 1	Day 3	Day 7	week 2	week 3	week 4	week 5	week 6	week 7	week 8	week 9	week 10	week 11	week 12	week 13	week 14	week 15	week 16	week 17
Date																			
AM Weight																			
Bust or Chest																			
Waist																			
Hips																			
Right Thigh																			
Total cm's																			
Kilos + or -																			
Cm's + or -																			

My Wellness Coach is: Jayne Saddington

Contact Phone number: 0407 325 291