



**Take Shape
For Life®**

FUELED BY  **Medifast.**



Your Health Coach

Health Coach _____

HC ID# _____

Phone _____

Email _____

Eating Healthy Since

Where do you fit in?

Body Mass Index (BMI) Table

		19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39
Height	Weight (in pounds)																					
	4'10" (58")	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167	172	177	181	186
4'11" (59")	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173	178	183	188	193	
5' (60")	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179	184	189	194	199	
5'1" (61")	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185	190	195	201	206	
5'2" (62")	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191	196	202	207	213	
5'3" (63")	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197	203	208	214	220	
5'4" (64")	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204	209	215	221	227	
5'5" (65")	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210	216	222	228	234	
5'6" (66")	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216	223	229	235	241	
5'7" (67")	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	218	223	230	236	242	249	
5'8" (68")	125	131	137	144	151	157	164	171	177	184	190	197	203	210	216	223	230	236	243	249	256	
5'9" (69")	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236	243	250	257	263	
5'10" (70")	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243	250	257	264	271	
5'11" (71")	136	146	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250	257	265	272	279	
6' (72")	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258	265	272	279	287	
6'1" (73")	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	258	265	272	280	288	295	
6'2" (74")	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272	280	287	295	303	
6'3" (75")	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279	287	295	303	311	

Body Mass Index (BMI) is the measure of health and fitness endorsed by the Surgeon General of the United States. It takes into consideration the height and weight of a person to give an accurate index of what his/her weight should be. A BMI of up to 25 is considered healthy. Any number between 25–29 means the person is overweight. A reading between 30–39 is an indication of obesity, placing the individual at high risk of developing heart disease, high blood pressure, diabetes, and other ailments. A reading of 40+ is an indication of extreme obesity, placing a person at highest risk of health problems.

BMI Below 25

Healthy Weight

Candidate for BeSlim® lifestyle and meal replacements for Optimal Health.

BMI 25–29

Overweight

At high risk to develop cardiovascular disease, diabetes, etc. Great candidate for the 5 & 1 Plan and BeSlim® lifestyle.

BMI 30–39

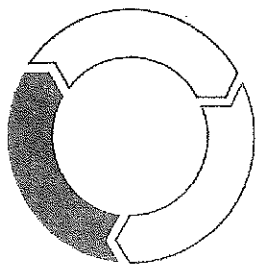
Obese

At higher risk to develop cardiovascular disease, heart disease, diabetes, etc., without intervention. Our 5 & 1 Plan can be lifesaving in helping to lower your weight. You may potentially lower or eliminate many medications such as diabetes, blood pressure, and lipid-lowering drugs. By using our BeSlim® lifestyle of permanent weight control, you can return to a healthy weight and remain there!

BMI 40+

Extremely Obese

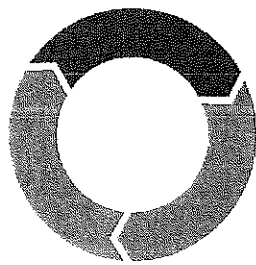
At highest risk to develop cardiovascular disease, heart disease, diabetes, etc., without intervention.



Healthy Finances

	Bad	Poor	Fair	Good	Optimum
Abundance	1	2	3	4	5
Resources to Minimize Stress	1	2	3	4	5
Money Management	1	2	3	4	5
Money to Do What You Want	1	2	3	4	5
Resources to Create Memories/Experiences	1	2	3	4	5
Community Contribution	1	2	3	4	5

Score ____ / 60



Where Are You Now?

	Bad	Poor	Fair	Good	Great	Optimum
Physical Health	1	2	3	4	5	6
Mental Health	1	2	3	4	5	6
Financial Health	1	2	3	4	5	6

What Was Your Cumulative Score?

	Failing	Poor	Surviving	Above Average	Thriving	Optimum
Overall Well-Being	1	2	3	4	5	6

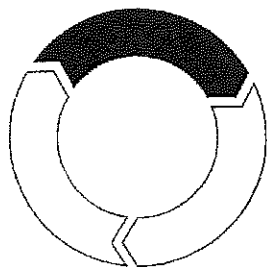
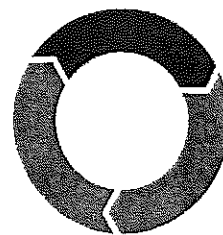


Take Shape
For Life.

*Feeling Healthy
Makes More*

Transform Yourself

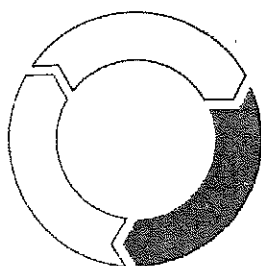
Making Optimal Health a Reality



Healthy Body

	Bad		Poor		Fair		Good		Optimum
Weight Status	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eating Habits	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Physical Activity	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sleeping	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Relaxation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Safe and Healthy (Work/Home/Play)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Score / 60



Healthy Mind

	Bad		Poor		Fair		Good		Optimum
Most Relationships	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Attitude at Work	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Meaning and Purpose	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Spirituality Time	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Community Service	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Hobbies/Fun	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Score / 60



**Take Shape
For Life.**

EATING HEALTHY FOR LIFE!

Liz Jensen-Certified Health Coach

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#1 Set your goals- decide what you want to create with your life- become a professional with your own health!

#2 Set up a support system to be successful and accountable. Join a health challenge, get a health coach, ask friends and family for support.

#3 Make learning about your health a priority. Start trading out bad habits for good ones. Recognize your triggers (work on creating a healthy mind)

#4 Set up a simple healthy eating plan. Get in the habit of eating 6 small balanced meals/day. Protein/carb balance to keep your blood sugar balanced which will increase your energy, and keep your body from storing fat. Make healthy swaps.

#5 remember that once you get to your healthy weight, you are not done! Health is a life journey. Avoid YOYO dieting by making healthy habits a way of life!

Good Protein Options:

*Lean Meats (chicken, fish, lean beef or pork)

*High protein Dairy (Greek yogurt, cottage cheese, string cheese (moz. Cheese) Skim or 1% milk, Soy Milk

*Nuts or Peanut Butter (in moderation)

*Eggs and Egg beaters

*Jerky, low sodium lunch meats

*Boca Burgers, or tofu

*Beans (especially black beans)

* Protein powders and bars (read the labels- Medifast meal replacements are a leader in meal replacements in the U.S for their vitamin fortified, carb/protein, and low glycemic meals)

Good Carb options:

*Whole grain breads or crackers (sparingly) especially sourdough or Rye breads

*Whole grains like brown rice, & quinoa, Old fashion oatmeal

*Non starchy veggies (mostly things that grow above ground)

*Sweet Potatoes

*Fruits and berries especially the less sweet fruits like apples, pears, and pitted fruits

Don't forget the Healthy Fats: Avocados, Olives, olive oil, non-hydrogenated butters, light salad dressings, nuts, and seeds. Use in moderation but these are important to include in your diet daily.

Remember- Drink at least half your body weight in OZ. of water each day up to 100 oz.

Find Healthy Swaps for food you love!

Spaghetti Squash Lasagna Casserole

Ingredients:

4 lb spaghetti squash - you will only need 4 cups (8 Greens)
8 oz part skim ricotta (1 Lean)
8 oz reduced fat mozzarella cheese, divided (2 Leans)
2 tbsp egg beaters
2 tbsp grated parmesan cheese (2 Condiments)
2 cups Italian diced tomatoes with less than 5 g of carbs per 1/2 cup, divided (4 Greens)
1/4 tsp garlic powder (1/2 Condiment)
1/8 tsp salt (1/2 Condiment)
1/8 tsp pepper (1/4 Condiment)
2 tsp olive oil (1 Healthy Fat)
6 oz Jennie O Italian seasoned ground turkey, cooked or make your own seasoned meat (1 Lean)

Directions:

Preheat oven to 400 degrees. Prick squash with fork or metal skewer and roast in oven for an hour or until it seems soft when you press on it. Take it out and leave on the counter until cool.

When squash is cool, cut in half and scoop out the seeds and discard. Use a fork or spoon to scoop out the rest of the squash and set aside in a bowl. Measure out 4 cups of spaghetti squash and store the rest in the fridge. Add oil to a skillet over medium heat. Saute the 4 cups of squash for a few minutes until it begins to brown. Add garlic powder, salt and pepper, if desired.

Mix ricotta cheese, parmesan, egg beaters and 4 oz or 1 cup of mozzarella cheese together.

Preheat oven to 375 degrees. Pour 1 cup of the diced tomatoes on the bottom of a 9 inch or 8 inch square casserole dish and spread evenly. Add squash. Top the squash with the ricotta cheese mixture. Then top the ricotta cheese mixture with the cooked ground turkey. Spread 1 cup of diced tomatoes over the meat. Bake for 35 minutes. Spread the rest of the mozzarella cheese over the top (1 cup) and bake an additional 25 minutes until cheese is melted and lightly brown. Let rest for 10 minutes or so to serve.

Cauliflower Pizza Crust # 2

(Slightly adapted from Qiana Jackson)

Crust:

1 cup Grated Raw Cauliflower or 100 g (2 Greens)
1/4 cup Egg Whites from the carton (1/8 Lean)
1/2 cup or 2 oz 2% Reduced Fat Three Cheese Mexican Blend (4/8 Lean)
1/8 tsp garlic powder - optional (1/4 Condiment)
1/8 tsp basil - optional (1/8 Condiment)

Preheat oven to 425 degrees. Place parchment paper on a cookie sheet and spray lightly with cooking spray. Combine grated cauliflower, egg beaters, cheese, garlic powder and basil until mixed completely. Spoon mixture on prepared pan. Use the back of a spoon to thin out mixture (or your hands) and form a circle about the size of a dinner plate without the rim. The thinner the crust the less chance of it being soggy. Bake for 25 minutes. Carefully flip the pizza crust over using a spatula to lift all edges of the crust off the parchment first. Bake an additional 10 to 15 minutes until edges are really brown and crisp. Mine are usually burnt around the edges but it won't taste burnt. Let cool.

Zucchini Noodles: Shred noodles into strips, add a couple wedges of laughing cow cheese and a dash of garlic salt. Microwave uncovered for 1 minute.

Cottage cheese ranch dip. Combine 24oz of cottage cheese and 1 ranch dip packet- blend well or eat chunky- whichever you prefer.

Healthy fruit dip. Combine plain fat free greek yogurt with a little flavor enhancer (crystal light or similar).

*Eating Healthy
Made Simple*