

Set your goals

Height & Weight Chart

MEN		WOMEN	
Height	Weight	Height	Weight
5 2	131-141	4 10	102-111
5 3	133-143	4 11	103-113
5 4	135-145	5 0	104-115
5 5	144-160	5 1	106-118
5 6	146-164	5 2	108-121
5 7	149-168	5 3	111-124
5 8	152-172	5 4	124-138
5 9	155-176	5 5	127-141
5 10	158-180	5 6	130-144
5 11	161-184	5 7	133-147
6 0	164-188	5 8	136-150
6 1	168-192	5 9	139-153
6 2	172-197	5 10	142-156
6 3	176-202	5 11	145-159
6 4	181-207	6 0	148-162

Weights are in pounds and assume light clothing. Height is in stocking feet. Weight ranges allow for medium frame size, ages 25-60 and musculature variations.

What should you weigh?

We have included two guidelines that will help you determine a safe and healthy weight for your height: The Height & Weight Chart and the Body-Mass Index. Simply find your height under Men and Women and look at the weight range to the right of it. For your best health, your weight should be in between the corresponding numbers.

CALCULATE YOUR BODY-MASS INDEX

Rather than trying to attain a perfect weight, many doctors now tell their patients they should focus on their body-mass index (BMI). Why? BMI is a more accurate health indicator than the numbers that appear on your scale. Here is how to calculate your BMI:

1. Multiply your weight in pounds by 703.
2. Multiply your height in inches by itself.
3. Divide the first number by the second.

RESULTS

Under 19-Underweight
 19 to 25-Healthy weight
 26 to 30-Overweight
 31 to 39-Very overweight
 40 and above-Extremely overweight

GOAL 1 What weight and measurement/clothing size would you like to be in 8 weeks?	
GOAL 2 What weight and measurement/clothing size would you like to be in 6 months?	
THE NEW YOU What are you looking for in the new you? More energy, greater confidence, improved appearance, feeling younger?	
REWARD How will you reward yourself? A vacation, new clothes, a day at a health spa, a visit to the hair salon for a new look?	

Use the products

Go to the appropriate meal or snack and use the suggested number of servings or tablets marked in the green circle. The number 1 indicates one serving or tablet. The green circles with the numbers marked 1-2 mean you have the option to take up to two servings or two tablets.

Take MentaBalance[®] with your shakes to help improve protein utilization and to help with dieter[®] moodiness.*

Try to keep snacks to one per day during weight loss.**

	QUICKSTART			ADVANCED	ULTIMATE	ACCELERATORS								
	Formula 1	Formula 2	Formula 3	Total Control [®] or Thermojetics [®] Green Ephedra Free with Thermojetics [®] Beige	Thermojetics [®] Snack Defense	Thermojetics [®] Herbal Concentrate	Thermo-Bond [®]	Cell-U-Loss [®]	Aminogen [®]	HPLC Bars or Roasted Soy Nuts	MentaBalance [®]	CarboGuard [®]	Thermojetics [®] Performance Protein Powder	
Breakfast	1	1	1-2				1	1	1		1	1	1-2	
10 a.m.				1-2	1-2	Drink throughout the day								
Morning snack (optional)	Check Weight-Management Planner for suggestions										1**			
Lunch	1	1	1-2					1	1	1		1	1	1-2
3 p.m.				1-2	1-2									
Afternoon snack (optional)	Check Weight-Management Planner for suggestions										1**			
Dinner		1	1-2					1	1	1		1-2	1-2	Add to soup or pasta sauce
Evening					1-2									

Record your results

	Date	Morning Weight	Bust or Chest	Waist	Hips	Thighs	Weight Lost	Pounds Lost
First Day							0	0
No weight or measurement until day 7.								
Seventh Day								
Week 2 Time to re-order Formula 1 Shake and try a new flavor. Add Thermojetics[®] Performance Protein Powder.								
Week 3								
Week 4								
Week 5								
Week 6								
Week 7								
Week 8								

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

I am here to help you succeed. If you need product advice, guidance and support, or would like to place an order, please feel free to contact me.

www.lifemana.com

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