



Congratulations on your decision to participate in our Herbalife 3-Day Trial.

I'm very excited for you. The Herbalife products have been helping people now for 35 years in 90 countries. Our mission is to make a big impact in our community and each success story puts us one step closer. I look forward to working with you on this jump-start toward your health goals!

Herbalife is the most successful weight management company in the world. The secret to their success lies not just in fabulous nutrition products, but also in the fact that each customer receives personalized coaching from their own Health & Wellness Coach (which is what I am to YOU!).

For this program to work, it's vital that you follow directions.

INSTRUCTIONS:

1. **Text/Call me before starting to let me know that you have received the package & are ready.**
2. Weigh and measure in the morning before starting your 3-Day Trial.
3. Use one Formula 1 "**On the Go**" packet for **breakfast** and one Formula 1 "**On the Go**" packet for **lunch or dinner** for 3 **CONSECUTIVE** days.
4. Have your first shake **within 30 minutes** of getting up in the morning.
5. Take 1 **Total Control** tablet with breakfast shake and again with lunch or mid-afternoon. **Total Control** supports metabolism and gives a feeling of energy and alertness.
6. Have the second Formula 1 shake no more than 4 hours after the first (i.e. 8 am & 12 noon).
7. To make each Formula 1 "**On the Go**" shake: Blend the contents of one packet with, **at least, 8 oz. of cold water and 6-8 oz. of ice.** You can also mix it into a Shaker Cup with 12-14 oz. of cold water. Please do not use coconut water, almond milk or juice to mix with the packets. I'll be following up with you to check on how you feel.
8. Drink **16 oz. of water** after EACH Formula 1 "**On the Go**" shake.
9. Drink at least **½ your weight in water** per day. For example, a 150 lbs. person would need to drink 75 oz. of water. If you are exercising, drink more! 😊
10. At 4:00 pm, eat some form of protein snack. (i.e. 1-2 hard-boiled eggs; 6 oz. of Greek yogurt, etc.) Ask your coach for a printout of snack options.
11. Eat dinner between 5- 8 pm. Women - eat a portion of protein equal to at least one chicken breast. Men - eat a portion of protein equal to at least two chicken breasts. Fill half the plate with vegetables.
12. **IMPORTANT: Do not weigh yourself until the morning of the 4th day.**

I'm committed to your success and can't wait for you to FEEL the results!

Name:

Email:

Cell: