**1. Head over to my TSFL page (drpearson.tsfl.com).** [Take Shape For Life creates web portals for their health coaches to make it easier for us to follow and communicate with our clients.] **Click on "Shop TSFL.**"



#### 2. Click "Shop Now."



3. Note the list of **Medifast Meal** types along the left side of the page.



4. Click on the individual meal types to become familiar with the many choices. Keep in mind that the listing for bars is two pages long. Click "View All" if you wish to see them all at once.



5. Many coaches recommend that their clients initially purchase the 4-week package, which contains a variety of meals. If the included meals look fine to you, then simply add this to your cart and skip to step # 8.



On the other hand, if you don't think that you'd enjoy some of the pre-selected meals (e.g. Cappuccinos), *it's possible to customize your own order*. What follows is my logic on how to do so.

**Some numbers to keep in mind:** each meal box contains 7 meals. So, if you ordered 1 box of chili (for lunches), then you'd have 1 weeks' worth of lunches. Following the 5+1 daily formula, you'll need 5 meals/day for 30 days. This translates into an order of **20 boxes** total **to get you through a full month**. *[I highly recommend ordering monthly – it's way more convenient and saves money.]* You can keep track of the number of boxes that you order at the top of each page.



#### My recommendations for how to order your first Medifast meals for the Take Shape For Life Program

- 6. I suggest thinking in terms of what you'll need:
  - 4 weeks worth of breakfasts: 4 boxes
  - 4 weeks worth of lunches (and/or dinners depending upon when you decide to prepare your lean & green meals): 4 boxes
  - 4 weeks worth of "in-between" (mid-morning, mid-afternoon) and late evening meals (3/day): 12 boxes

**For breakfasts:** you might consider "usual/standard" fare items such as eggs, pancakes, cereal crunch, and oatmeal. However, you are not limited to these. Many prefer bars, cocoa or cappuccino for breakfast. It really doesn't matter, as the meals are nearly equivalent to one another nutritionally. It's simply a matter of preference and/or convenience. You can even do a lean & green breakfast. Select a total of 4 boxes. (You can mix and match or get 4 of the same item.)

**For lunch/dinners:** select 4 boxes from the "soups, chili, stew & sloppy joe" or "macaroni & cheese" sections.

**For the other 3 "in-between" meals:** select 12 boxes total from any of the other sections – shakes, brownies/soft bakes, "bites, pretzels & puffs," "pudding & soft serve," or drinks. Select what's convenient for you to prepare during your day. Do you require access to a microwave, ice water, etc?

For your first order, I advise trying a wide variety of meal items to see what you do and don't like for future orders. You will have the ability to change your orders as often as you please each month.

7. **Actually placing your order:** Click "Add" to add selected meal to the shopping cart. If you want to order more than a single box of an item, change the number in the gray box, then click "Add."



You should see a confirmation that selection was added to your cart. Make sure that the quantity selected is correct (in the case below, 2 boxes were selected). Click on "Continue Shopping" after each order until you reach 20 boxes. After you've selected your 20<sup>th</sup> box, click on "View Cart."

Take Shape For Life.	Dr. Jeffrey Pear HC ID: 7257040	<b>Son</b> 180 760-591-0955 <u>email me</u>	A shop A about tsfl ? faqs I my support like me on Facebook follow Me on Twitter
How it Works Shop TSFL	Habits of Health Suppo	rt Become a Coach	
Quick:Shop > Plan Packages 4-Week Packages 2-Week Packages	ADDED TO Blueberry Oatmeal Continue Shopping	D CART Qty: 2 View Cart	
Habits of Health Books & Videos		285 - 288	
Medifast Meals Bars Bites, Pretzels & Puffs Brownies & Soft Bake Cereal Crunch Drinks Eggs	Apple Cinnamon Oatmeal Servings per Box: 7 \$16.50	Blueberry Oatmeal Servings per Box: 7 \$16.50 1	Maple & Brown Sugar Oatmeal Servings per Box: 7 dd \$16.50 1 Add

You can keep track of how many boxes you've ordered at the top of the page under "My Cart Summary."

Username Password Forgot Password?		My CART SUMMARY Meal Boxes: 3 Other Items: 0	Search:	_	Search Products 🗾 👂
Take Shape For Life.	Dr. Jeff HC ID:	rey Pearson 725704080	home 760-591-0955 email me	shop about tsfl like me on Facebook follow Me on Twitter	? faqs amm support
How it Works Shop TSFL	Habits of Health	Support Becor	me a Coach		
Quick Shop >	Oatmeal				

8. After you've ordered 20 boxes, it's time to checkout. **Click on "Checkout"** to be taken to the Checkout page. Then, review your shopping cart order.



#### YOUR SHOPPING CART CHECKOUT MIII PROMOTIONS AND DISCOUNTS YOUR FREE ITEMS Price Total **TSFL New Client Welcome Kit** Qty 1 Code: Apply FREE 40491 YOUR CART Remove Product Unit Qty Price Each Price Total CLUB Mixed Berry Cereal Crunch iffL Box 1 \$16.50 \$16.50 68300 Free Membership Free Shipping on every order Southwest Style Eggs with egg whites 57810 over \$150 8 Box 1 \$16.50 \$16.50 28 Free Meals (your choice) with your first order, if over Maple & Brown Sugar Oatmeal \$250 1 1 \$16.50 \$16.50 Box 58020 Free Blender Bottle with your Chocolate Chip Pancakes 57710 first order, if over \$250 1 1 \$16.50 Box \$16.50 28 Free Meals (your choice) with your second order, if over \$250 Macaroni & Cheese 1 1 \$16.50 \$16,50 Box 66595 View Terms & Conditions Chicken & Wild Rice Soup 6 Box 1 \$16.50 \$16.50 69650 Homestyle Chili 69700 6 Box 1 \$16.50 \$16.50 Need Help? Maryland Crab Soup 1 8 Box \$16.50 \$16.50 69670 Talk to your Health Coach or Caramel Crunch Bar contact our client service at 6 Box 1 \$16.50 \$16.50 65445 (900) 572 4417 or

### 9. **Review your shopping cart**. Once you're sure it's accurate, click on the "Checkout" basket at bottom of page.



10. You'll need to click on "New Client."

<b>O</b> <sup>T</sup>	ake Shape For Life.	Dr. Jeffrey Pearson HC ID: 725704080	61	home Ashop Ashop Ashout t	sfi ? faqs amy support
How it Wo	rks Shop TSFL Habits of He	alth Support	Become a Coad	ch	
	New Client Click "continue" below to checkout. Continue >		Log Enter Usern Enter Passw	Returning Client in below to checkout. ame: vord:	
				Login	

11. **Fill out your information**. Be sure to remember the username and passwords that you select. Then click on "Continue Secure Checkout."

YOUR INFORMATION		30-Day Money Back Guarantee
ease provide the following information so that	t we may process your order.	Receive a refund on the purchase price of an unused product within 30 days of purchase.
*First Name:	*Last Name:	
Your	Name	YOUR CHECKOUT PROGRESS
Usemame:		YOUR INFORMATION
yourname	Choosing Your Username Minimum of 4 letters or numbers (email address recommended).	SHIPPING ADDRESS
		PURCHASE & SHIPPING OPTIONS
Email Address:	*Password:	PAYMENT METHOD
yourname@domain.com		ORDER SUMMARY
Confirm Email Address:	*Confirm Password:	Product Total: \$330.00
yourname@domain.com		Subtotal: \$330.00
Yes! I'd like to receive emails with speci from Medifast.	al offers, inspirational stories and weight-loss tips	

#### My recommendations for how to order your first Medifast meals for the Take Shape For Life Program

### 12. Complete the shipping information.

1. YOUR INFORMA	ATION	EDIT	30-Day Money Back Guarantee
2. SHIPPING ADD	Receive a refund on the purchase price of any unused product within 30 days of purchase. <u>View Details &gt;</u>		
Please Enter a Shi	pping Address		YOUR CHECKOUT PROGRESS
First Name:	Your		YOUR INFORMATION
• Last Name:	Name		Your Name yourname@domain.com
<ul> <li>Address:</li> </ul>	12345 your street	Address Verification	SHIPPING ADDRESS
	Street address, company name, c/o Unit 123	We may verify your address entry upon submission. Save time by double checking	PURCHASE & SHIPPING OPTIONS
	Apartment, suite, unit, building, floor, etc.	your entries. Please enter the information requested in the appropriate box.	PAYMENT METHOD
City:	Your Fair City	Address Entry Time	ORDER SUMMARY
State:     Phone:	Choose a state (555) 555-5555 Yes! My billing address is the same as my shipping address.		Product Total: \$330.00 Subtotal: \$330.00
	Continue Secure Checkout	)	
3. PURCHASE & S	HIPPING OPTIONS		

# 13. **Complete Purchase and Shipping Options information.** Be sure to select Be Slim Club (it's free; read the specifics in the graphic.)

Select	a purchase option:
0	CONGRATULATIONS! Your order of more than \$250 qualifies you to enroll in the Beslim Club
	BeSlim Club offers <i>the best savings</i> , and can help enhance your success by ensuring your meals arrive when you need them.
	If you choose to join, you get hassle-free, automatic Meal delivery each month, plus these fantastic benefits:
	Your Member Benefits
	Free standard shipping on every order over \$150
	56 Free Medifast Meals - 28 with this order, and 28 with your second order (\$132.00 value!)
	Free Blender Bottle - a must-have for mixing your Medifast Meals
	Plus, you may customize your free meals! Receive pre-selected meals, chosen from among our customer favorites, or customize your meal selections to discover your own personal favorites.
	No obligation when you enroll. You may cancel or change your order at any time.
	Cannot be combined with other offers. See Terms & Conditions for details.
0	Single Order Place this order now and we'll deliver it once. Then, return to place another order when you're ready. (Please account for shipping time so you don't run out of your Medifast Meals.)

#### My recommendations for how to order your first Medifast meals for the Take Shape For Life Program

You can customize your free meals by clicking on the option below.



14. **Select the 4 free boxes (28 meals total).** Click on the category of meal from the left side, then select item(s) and quantity that you'd like to add. Your selections will appear on the right side, as seen in this example. When you've finished, click on "Add Free Meals" button at the top right.

Meal Category	FILTERS     Clear       Diabetes-Friendly     Kosher       Lactose Sensitive     Vegetarian       Gluten Free	YOUR SELECTIONS
Bites, Pretzels & Puffs	Bites, Pretzels & Puffs	Summary
Brownies & Soft Bake Cereal Crunch	QTY         UNIT SKU         ITEM           1         +         -         Box         68230         BBQ Bites         Add	Free Meals Selected: 4 of 4
Drinks	1     +     -     Box 68240     Cheese Pizza Bites     Add	Free Meals Remove All
Eggs	1 + - Box 68250 <u>Cinnamon Pretzel Sticks</u> Add	1 Strawberry Crunch Bar FREE 65520 Box Remove +/-
<u>Oatmeal</u>	1     +     -     Box     68260     Honey Mustard Pretzei Sticks     Add       1     +     -     Box     67245     Chili Nacho Cheese Puffs     Add	1 Lemon Meringue Crunch FREE Bar 65205 Box Remove +/-
Pancakes Pudding & Soft Serve	1     +     -     Box 67235     Parmesan Cheese Puffs     Add	1 Brownies FREE 57500 Box Remove +/-
<u>Shakes</u> <u>Soups, Chili, Stew &amp;</u> <u>Sloppy Joe</u>		1 Honey Mustard Pretzel FREE Sticks 68260 Box <u>Remove</u> +/-

You may note that **there are filters available to help individuals with specific dietary needs**. For example, if one clicks on "Lactose Sensitive," the above list changes to this:

FILTERS <u>Clear</u> Diabetes-Friend	ly Kosher	ian Gluten Free	٩,
Bites, Pretzels	s & Puffs		
1 + -	Box 68230	BBQ Bites	Add
1 + -	Box 67245	Chili Nacho Cheese Puffs	Add
1 + -	Box 67235	Parmesan Cheese Puffs	Add

## 15. Complete the "Payment Method" information.**4. PAYMENT METHOD**

Credit Card Informa		Security Code Location
* Card Number:	111122233334444	HOLE - UTDER COMPLEX ALL TOL. AND A MARKANIA
* First Name:	your M.I.	Cavelholder Norme Security code
* Last Name:	name	VISA 🥌
* Expiration Date:	01 - January 🔽 Year 🔽	
* Security Code:	555	4-digit 2000 000000 00000 22/71 THEU 12/03 24 CARING 202 HARE
Credit Card Billing	Address	
* Address:	Street address company name, c/o	Address Verification
	Apartment, suite, unit, building, floor, etc.	We may verify your address entry upon submission. Save time by double checking your entries. Please enter the information
* City:	Your Fair City	requested in the appropriate box.
* State:	California  × Zip: 12345	Address Entry Tips
* Phone:	(555) 555-5555	
	Continue Secure Checkout	
	Shop Take Shape For Life with Confidence	

16. **Click on "Continue Secure Checkout"** to review your order and you're pretty much done. It takes average of 4-6 days to receive your order.

17. You can **review or edit any of your information** *at any time* by logging on to the website using your username and password. This will take you to your "Dashboard" view. You can make changes as often as you like before your next order's due date. You will always be notified of these due dates by e-mail, starting one week prior to automatic shipping of product.

### Need help? There is good support from various sources.

A good place to begin is with the **FAQ's** (frequently asked questions) link. Find this at the top right of most pages.



There are several avenues of support on the TSFL website, as well. Click the **"My Support"** link next to the faqs. You'll see a list of support options from the TSFL Virtual Clinic Team consisting of nurses, physicians, and others.

Take Sha For Life	IDPE       about tst       ? fags       # my su         IDr. Jeffrey Pearson difast.       Dr. Jeffrey Pearson HC ID: 725704080       Image: State Sta
How it Works Shop	TSFL Habits of Health Support Become a Coach
About Me	Support Calls
My Blog	Take Shape for Life provides its client with support from our Virtual Clinic Team. Lead by top-notch physicians and
	nurses, our medical staff will help you optimize your health through education and weekly support calls. We also have
	you with the very best support.
	Nurse's Support Call
Program Guides	512-225-3178 Pin: 579476 #
	Mondays, 8:30 p.m. Eastern (5:30 p.m. Pacific) Hosted by one of the Take Shape For Life Support Nurses, this interactive forum is designed for Health Coaches and
	their Clients.
	Doctor's Support Call
	512-225-3178 Pin: 896742 #
	Wednesdays, 8:30 p.m. Eastern (5:30 p.m. Pacific) Health Coaches and Clients can get answers to questions on current health and wellness topics from one of the Take Shape For Life doctors.

Of course, you can also reach me via e-mail or through the office if you have any other questions or concerns.

I hope that this all has been helpful. Now, get psyched to start a new life!!!

Jeffrey Pearson, D.O., F.A.O.A.S.M. www.medicine-in-motion.com