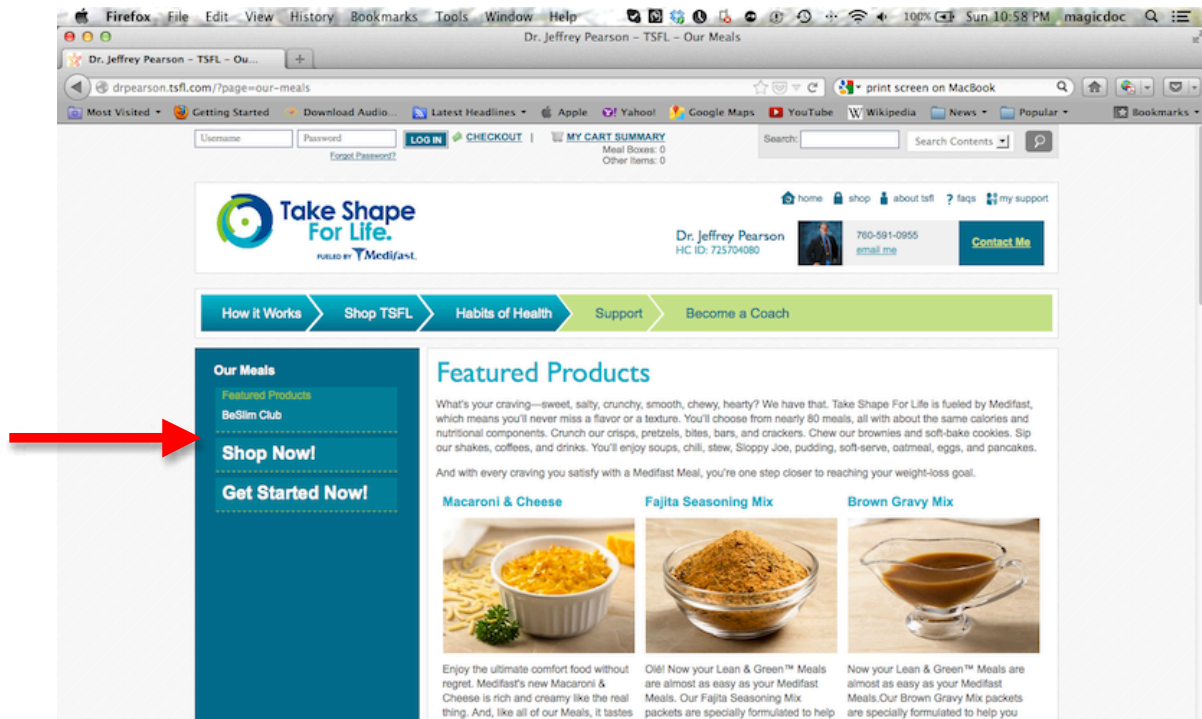


My recommendations for how to order your first Medifast meals for the Take Shape For Life Program

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.”**

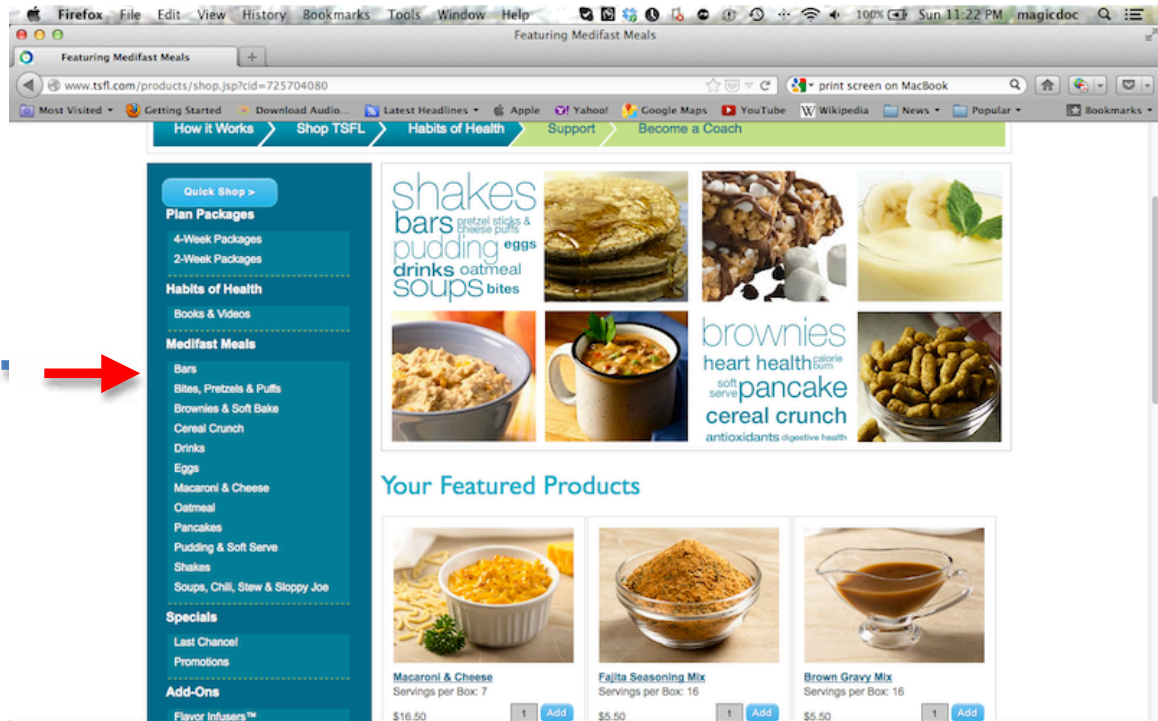


2. Click “Shop Now.”

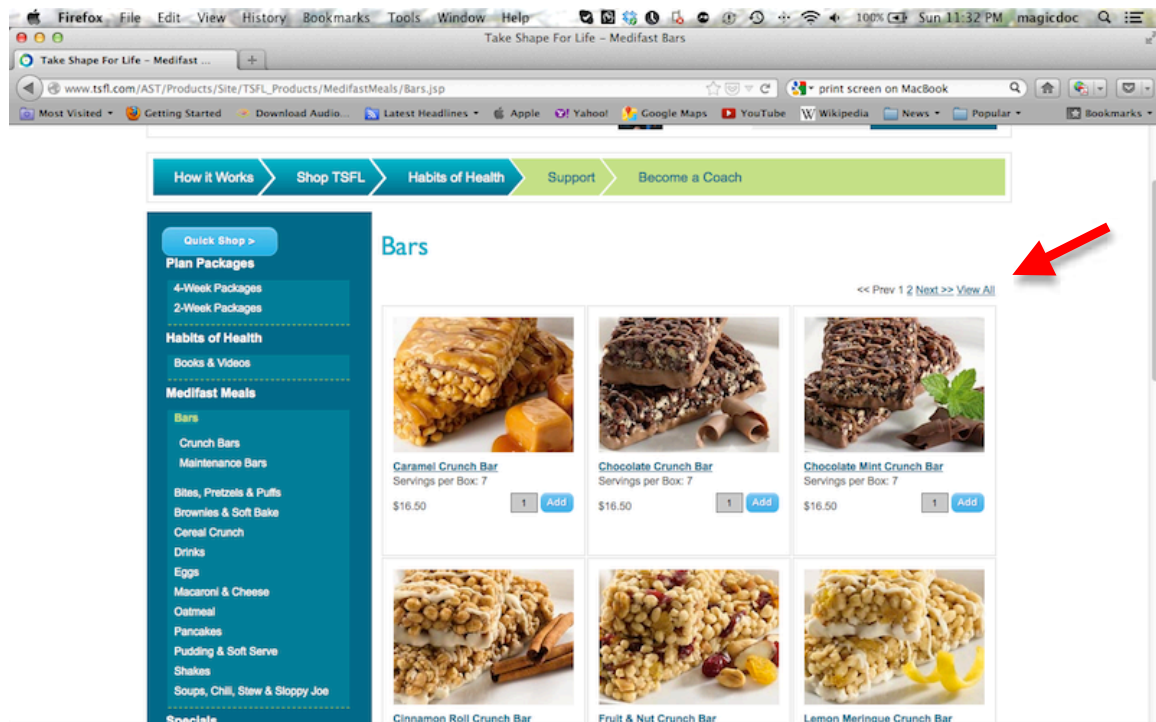


My recommendations for how to order your first Medifast meals for the Take Shape For Life Program

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

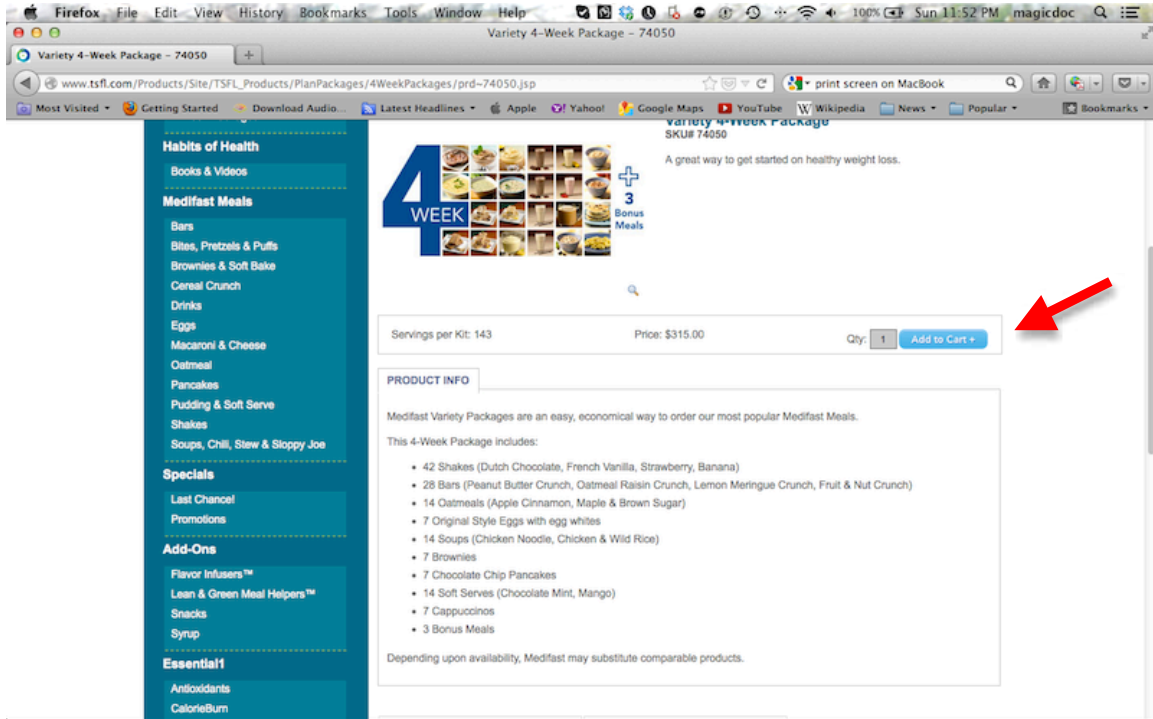


4. Click on the individual meal types to become familiar with the many choices. Keep in mind that the listing for bars is two pages long. Click "View All" if you wish to see them all at once.



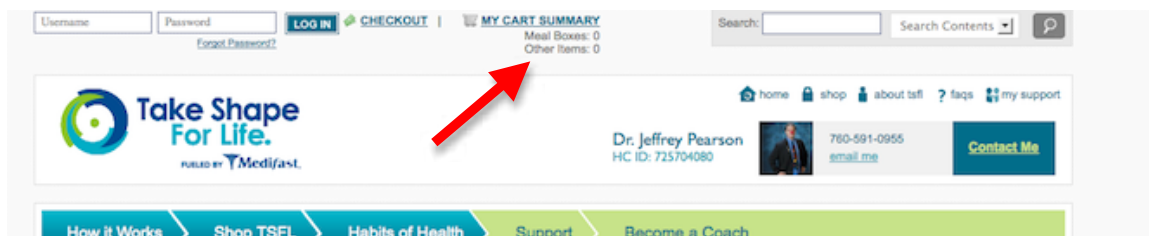
My recommendations for how to order your first Medifast meals for the Take Shape For Life Program

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

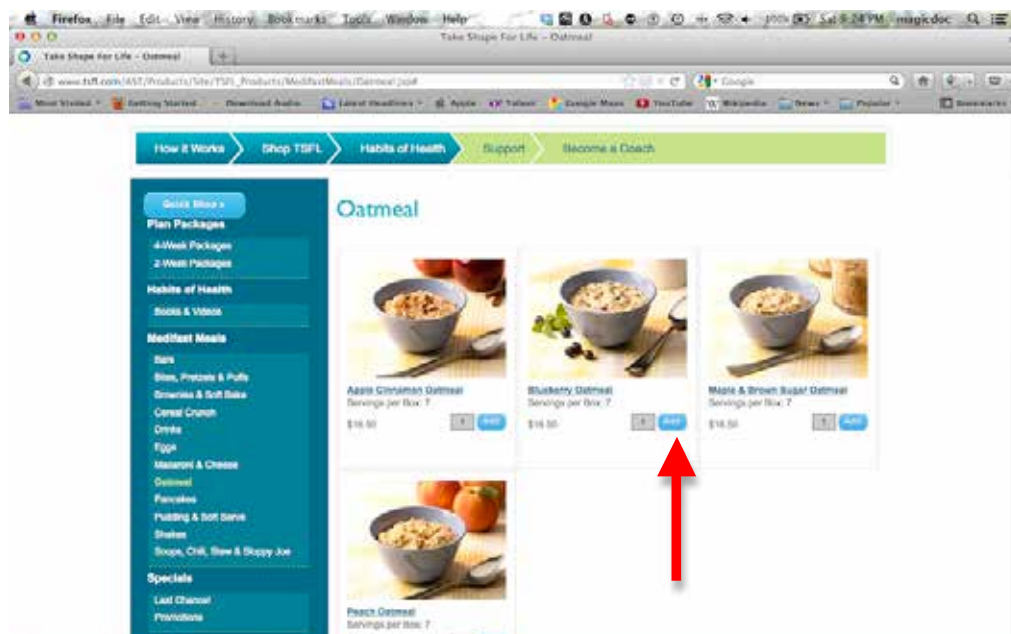
For breakfasts: you might consider “usual/standard” fare items such as eggs, pancakes, cereal crunch, and oatmeal. However, you are not limited to these. Many prefer bars, cocoa or cappuccino for breakfast. It really doesn't matter, as the meals are nearly equivalent to one another nutritionally. It's 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?

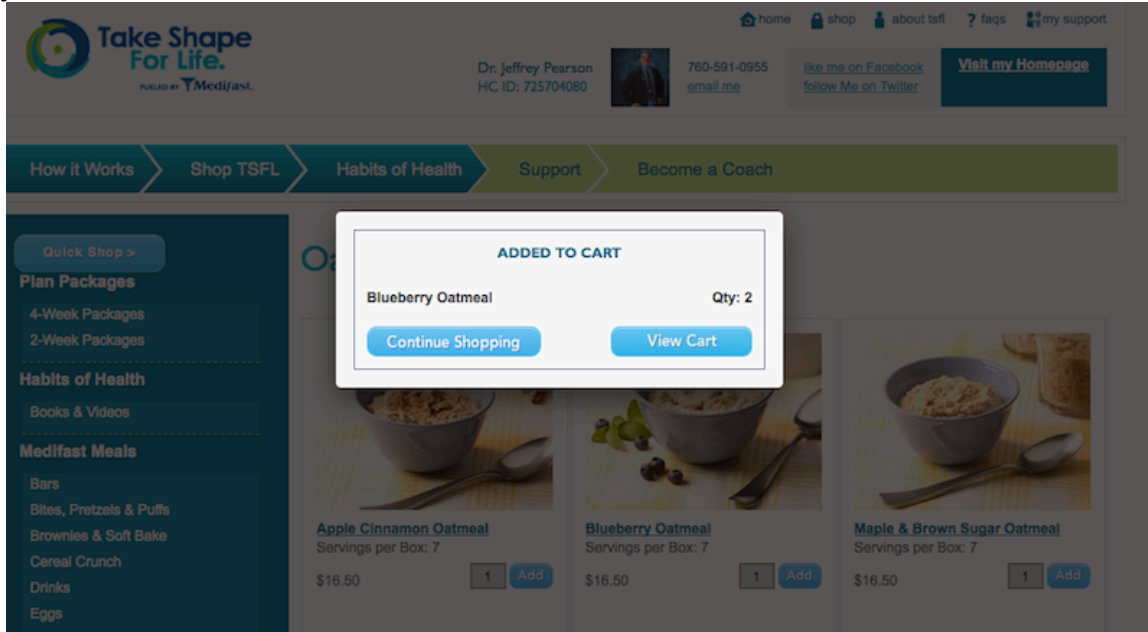
For your first order, I advise trying a wide variety of meal items to see what you do and don't like for future orders. You will have the ability to change your orders as often as you please each month.

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.”



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

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 20th box, click on “View Cart.”



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



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.



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

YOUR SHOPPING CART

YOUR FREE ITEMS		Price Total
TSFL New Client Welcome Kit 40491	Qty 1	FREE

YOUR CART

Remove	Product	Unit	Qty	Price Each	Price Total
	Mixed Berry Cereal Crunch 68300	Box	<input type="text" value="1"/>	\$16.50	\$16.50
	Southwest Style Eggs with egg whites 57810	Box	<input type="text" value="1"/>	\$16.50	\$16.50
	Maple & Brown Sugar Oatmeal 58020	Box	<input type="text" value="1"/>	\$16.50	\$16.50
	Chocolate Chip Pancakes 57710	Box	<input type="text" value="1"/>	\$16.50	\$16.50
	Macaroni & Cheese 66595	Box	<input type="text" value="1"/>	\$16.50	\$16.50
	Chicken & Wild Rice Soup 69650	Box	<input type="text" value="1"/>	\$16.50	\$16.50
	Homestyle Chili 69700	Box	<input type="text" value="1"/>	\$16.50	\$16.50
	Maryland Crab Soup 69670	Box	<input type="text" value="1"/>	\$16.50	\$16.50
	Caramel Crunch Bar 65445	Box	<input type="text" value="1"/>	\$16.50	\$16.50



PROMOTIONS AND DISCOUNTS

Code:

- Free Membership
- Free Shipping on every order over \$150
- 28 Free Meals (your choice) with your first order, if over \$250
- Free Blender Bottle with your first order, if over \$250
- 28 Free Meals (your choice) with your second order, if over \$250

[View Terms & Conditions](#)

Need Help?

Talk to your Health Coach or contact our client service at (800) 573-4417 or email us at [support@medifast.com](#)

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

	Peanut Butter Soft Serve 57610	Box	<input type="text" value="1"/>	\$16.50	\$16.50
	Tropical Punch Fruit Drink 66560	Box	<input type="text" value="1"/>	\$16.50	\$16.50
	Chocolate Chip Soft Bake 57510	Box	<input type="text" value="1"/>	\$16.50	\$16.50
<input type="button" value="Update Cart"/>				Product Total:	\$330.00
				Subtotal:	\$330.00



Join now!
Lose more for less.
Reward your healthy habits.
click for details »

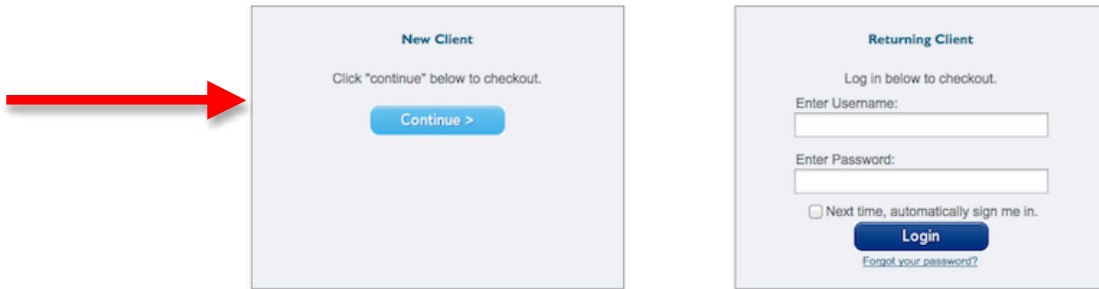
FREE

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

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



Log in to continue



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

CHECKOUT

1. YOUR INFORMATION

Please provide the following information so that we may process your order.

*First Name: Your	*Last Name: Name
*Username: yourname	Choosing Your Username Minimum of 4 letters or numbers (email address recommended).
*Email Address: yourname@domain.com	*Password: *****
*Confirm Email Address: yourname@domain.com	*Confirm Password: *****

Yes! I'd like to receive emails with special offers, inspirational stories and weight-loss tips from Medifast.

[Continue Secure Checkout](#)

2. SHIPPING ADDRESS

30-Day Money Back Guarantee
Receive a refund on the purchase price of any unused product within 30 days of purchase.
[View Details >](#)

YOUR CHECKOUT PROGRESS

- [YOUR INFORMATION](#)
- [SHIPPING ADDRESS](#)
- [PURCHASE & SHIPPING OPTIONS](#)
- [PAYMENT METHOD](#)
- [ORDER SUMMARY](#)

Product Total: \$330.00
Subtotal: \$330.00

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

12. Complete the shipping information.

1. YOUR INFORMATION EDIT

2. SHIPPING ADDRESS

Please Enter a Shipping Address

* First Name:

* Last Name:

* Address:
Street address, company name, c/o

Apartment, suite, unit, building, floor, etc.

* City:

* State: * Zip:

* Phone:

Yes! My billing address is the same as my shipping address.

[Continue Secure Checkout](#)

3. PURCHASE & SHIPPING OPTIONS

30-Day Money Back Guarantee
Receive a refund on the purchase price of any unused product within 30 days of purchase.
[View Details >](#)

YOUR CHECKOUT PROGRESS

YOUR INFORMATION
Your Name
yourname@domain.com

SHIPPING ADDRESS



PURCHASE & SHIPPING OPTIONS

PAYMENT METHOD

ORDER SUMMARY
Product Total: \$330.00
Subtotal: \$330.00

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:

 **CONGRATULATIONS!** 
Your order of more than \$250 qualifies you to enroll in the BeSlim Club

BeSlim Club offers *the best savings*, 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.

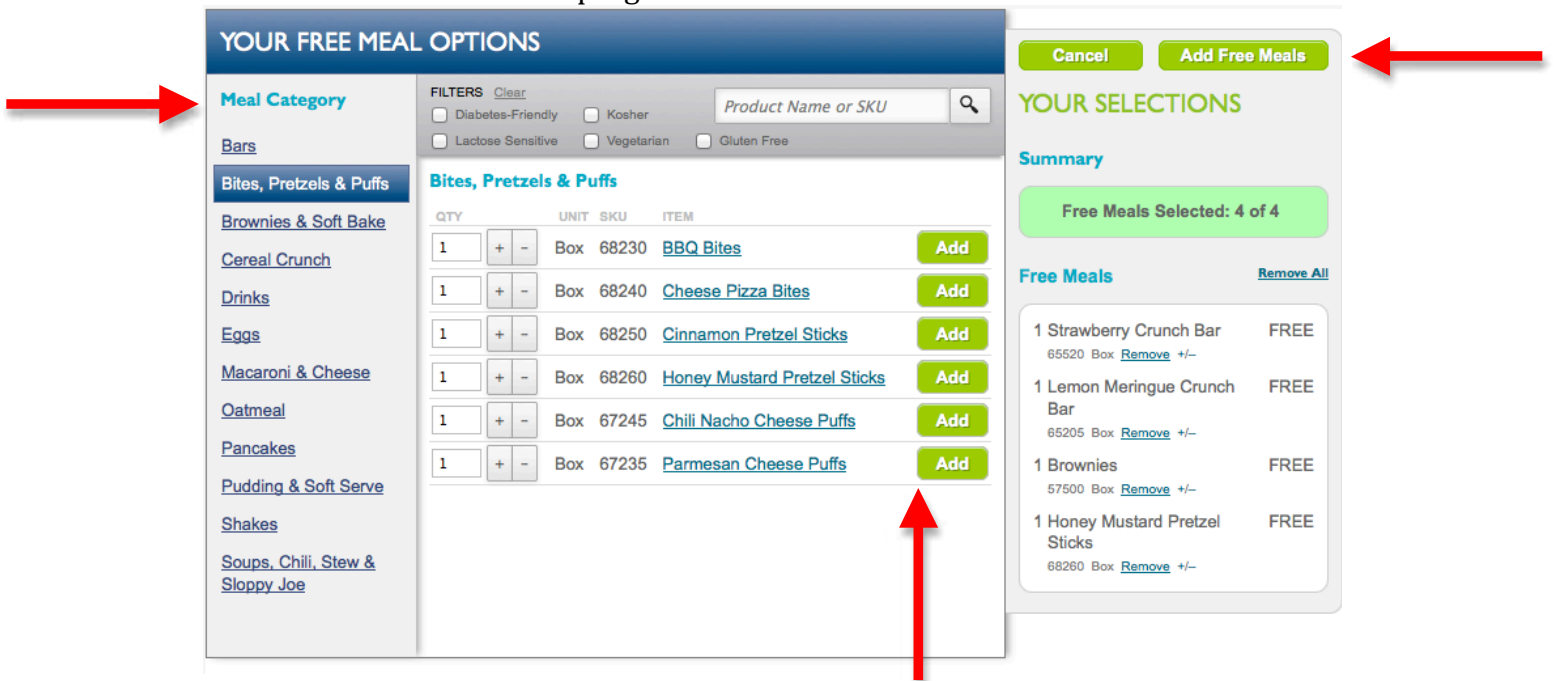
Single Order
Place this order now and we'll deliver it once.
Then, return to place another order when you're ready.
(Please account for shipping time so you don't run out of your Medifast Meals.)

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.



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

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 [Clear](#)

Diabetes-Friendly Kosher Lactose Sensitive Vegetarian Gluten Free

Product Name or SKU

Bites, Pretzels & Puffs

QTY	UNIT	SKU	ITEM	
1	Box	68230	BBQ Bites	<input type="button" value="Add"/>
1	Box	67245	Chili Nacho Cheese Puffs	<input type="button" value="Add"/>
1	Box	67235	Parmesan Cheese Puffs	<input type="button" value="Add"/>

15. Complete the “Payment Method” information.

4. PAYMENT METHOD

Credit Card Information

VISA MASTERCARD AMERICAN EXPRESS DISCOVER

* Card Number:

* First Name: M.I.

* Last Name:

* Expiration Date:

* Security Code:

Security Code Location

Credit Card Billing Address

* Address:
Street address, company name, c/o

Apartment, suite, unit, building, floor, etc.

* City:

* State: * Zip:

* Phone:

Address Verification

We may verify your address entry upon submission. Save time by double checking your entries. Please enter the information requested in the appropriate box.

[Address Entry Tips](#)

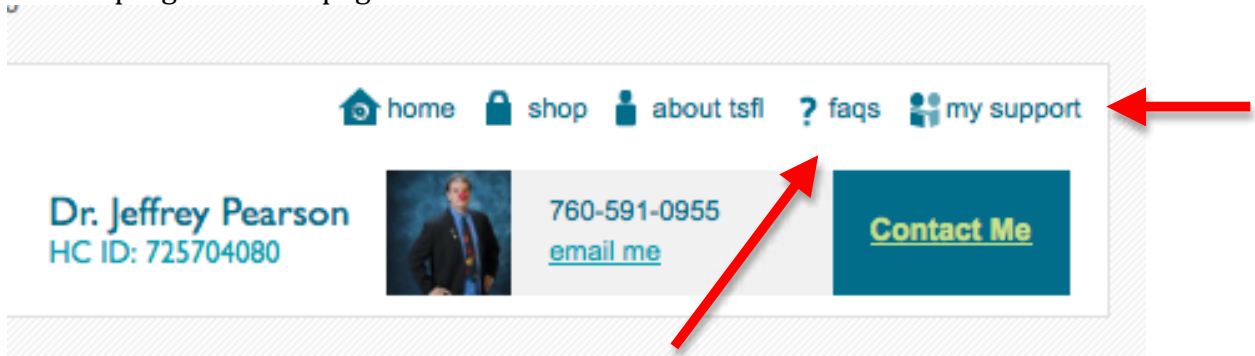
Shop Take Shape For Life with Confidence

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

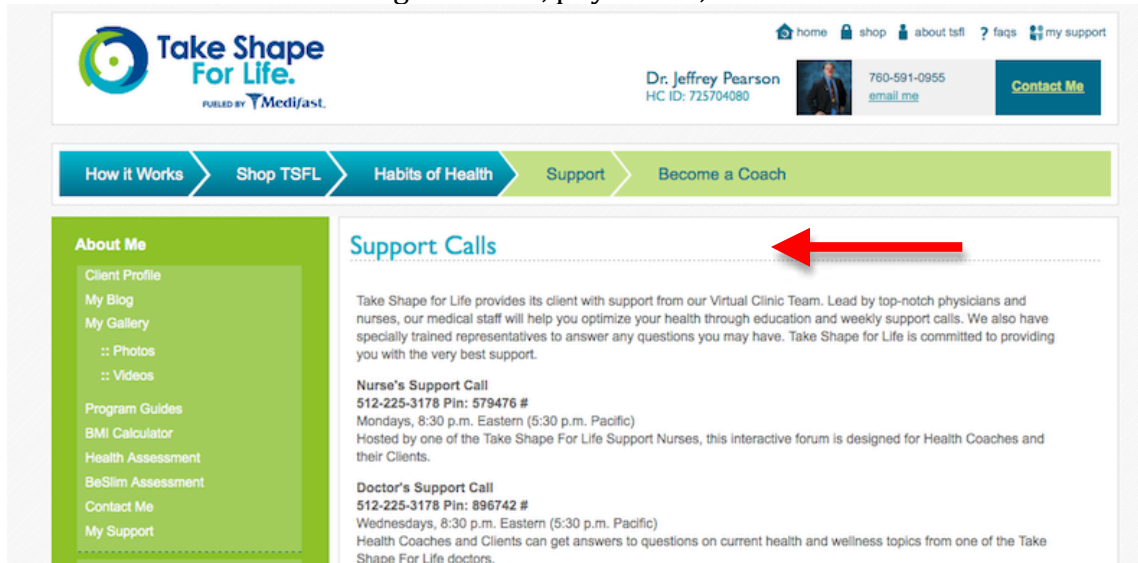
- 16. Click on “Continue Secure Checkout” to review your order and you’re pretty much done. It takes average of 4-6 days to receive your order.
- 17. You can **review or edit any of your information at any time** by logging on to the website using your username and password. This will take you to your “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.



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