



DAILY MESSAGES FOR NEW CLIENTS

OPTAVIA Coaches™ make sure their Clients never go it alone, which is especially important as a new Client starts on their journey. In addition to the daily support calls, you will be doing with your Client on Days 1 - 4, these messages can help get your Client started well and steer him or her to success.

Connecting with the Client via zoom or phone will build a lasting relationship if they choose to engage and these messages are a great addition to those efforts.

OVERVIEW

- Send these messages to new Clients via Facebook Messenger or via text message.
- Send the first message when the new Client places their BeSlim® Club order.
- New Coaches: it's a good idea to include your Business Coach or someone from your mentorship team on the thread so they can help if needed.
- Add an inspirational photo to one or more of these to continue to awaken Clients to what is possible for their bigger life.

SCHEDULE & CONTENT

MESSAGE 1

When: Day a new Client places their BeSlim Club order

What: (message content)

Congratulations, NAME! Your program is ordered and on its way! To start your journey on the right foot, follow these three steps: Assess your current reality: take this brief [Wellbeing Evaluation](#) and please message me your results.

1. Learn by reading Dr. A's very short, yet powerful, ebook, *Stop. Challenge. Choose.*® This will be a powerful tool you utilize now and in the future. Download [HERE](#)
2. Pick up some essential tools (if you don't already have them):
 - » Food scale (make sure you are getting the right amount of your lean protein)
 - » Bathroom scale (digital is best)
 - » Measuring Tape (Measure your W.A.T.C.H.=Waist, Arm, Thigh, Chest, Hips)



MESSAGE 2

When: While they are waiting for their order

What: (message content)

Today would be a great day to pop into our [Facebook Client Support](#) page and say “Hi!” It’s getting close to your journey kick-off day! Here’s some food for thought: did you know that people tend to become like the 5 people they spend the most time with?

When you are part of **OPTAVIA™**, you’re part of a Community of like-minded, like-hearted people who support each other through and through. Building a healthy Community around you is an important part of creating lasting success. By transforming your health with friends and family, your success can increase tremendously. It’s incredibly rewarding to be a part of someone else’s transformation and witness their life change right before your eyes! As you begin this journey and experience the **OPTAVIA** Community, who would you love to have transform with you? How will you pay it forward?

MESSAGE 3

When: Day before their order arrives

What: (message content)

Great news! Your program arrives on __!

It’s time to pick your start day and contact me to schedule a quick Journey Kick-off call the day or evening before you begin. We will cover important program components, answer any questions you have, and set you up for success. When your box arrives, locate the [OPTAVIA Guide](#). If you are on the Optimal Weight 5 & 1 Plan®, please follow the details on pages 14 - 21.

*Tip: Save the [OPTAVIA Guide](#) to your phone’s home screen, in your files, or choose “open in iBooks” and it will save in your library.

Remember, **OPTAVIA** works because it is simple and easy to follow.

What day do you plan to start?



MESSAGE 4

When: Journey Kick-Off (night before they start)

What: (message content)

Tomorrow begins your journey to Optimal Health™ and Wellbeing! It starts with achieving a healthy weight. This is the catalyst for bigger changes! Here are 4 things to do in preparation:

1. Write down your “WHYS” and keep them where you can see them on a daily basis. Your bathroom mirror is a great place!
2. Take “before” pictures (front, back, side) in tight clothing. Just keep these as a benchmark for now. Wear the same clothes and stand in the same positions for progress pictures. Trust me, you will want these later!
3. Weigh yourself first thing in the morning. Every time you weigh, make sure it’s at the same time of day and in the same clothes (or lack of clothes).

*Tip: If you’re willing, share your starting weight and pictures with me. And know they will stay private. Looking forward to connecting tomorrow!

MESSAGE 5

When: Day 1

What: (message content)

Today is your 1st day! The Optimal Weight 5 & 1 Plan® works beautifully when followed precisely. Just take it one day at a time and implement the 6 simple tips (below) each day. By doing this, you will rock your program too!

1. Pick out 5 Fuelings each day and keep extras in your desk, purse, car, etc. Decide on your lean and green.
2. Drink plenty of water (at least 64 oz.) and strive for at least 7 hours of sleep.
3. Eat within 30 minutes of waking up & then every 2 - 3 hours after. You may want to set an alarm until you have learned to fuel your body this frequently.
4. Follow the Optimal Weight 5 & 1 Plan® exactly (no deviations). A good rule of thumb for fat burn is this: if it’s not in the **OPTAVIA** Guide, don’t eat it. Eat all 5 Fuelings along with your entire weighed and measured lean and green meal. Share a picture of your lean and green meal in this support message anytime!
5. Journaling leads to success! Use the journal in the [OPTAVIA Guide](#).

When is a good time for us to connect and talk today?



MESSAGE 6

When: Day 2

What: (message content)

Welcome to Day 2! You are on your way. As you begin your journey to Optimal Wellbeing™, you may feel hungry, tired, or irritable as your body adjusts to a new way of eating. This is temporary, but if it should happen, here are a few tips: have an optional snack (like 2 dill pickle spears, 3 stalks celery, or an **OPTAVIA™** Puffed Snack) or a couple additional ounces of lean protein (e.g., 1 hardboiled egg, 1 - 1.5 ounce reduced-fat cheese stick, etc.). You may also try drinking a cup of chicken broth or a calorie-free electrolyte beverage, such as Powerade Zero.

Within a few days, these symptoms will disappear, leaving you feeling energized and confident. Remember, the support of your **OPTAVIA Coach™** will be so important as you begin your journey, so don't hesitate to reach out to me if you have questions or need additional support.

****Tip:** Stock up on fresh and/or dried herbs and spices to add flavor to your lean and green meals. Refer to our [Condiment List](#) for a complete list of condiments, healthy fats, and portion size recommendations.

Remember your Why for starting your journey. We'll talk later to connect and answer questions.

MESSAGE 7

When: Day 3

What: (message content)

Welcome to Day 3!!! You are so close to that gentle fat burning state! You are going to feel incredible, or maybe you already do? To help you on your journey, here are some lean and green recipes. Be sure you are following your **OPTAVIA™** Guide for the approved lean and green options. Don't forget to weigh and measure them!

LEAN & GREEN RECIPES: <https://www.pinterest.com/OPTAVIA30/>

I look forward to celebrating a successful Day 3 with you! When can we chat today?



MESSAGE 8

When: Day 4

What: (message content)

Welcome to Day 4! You are doing this! You should be entering that gentle fat burning state. You will know you are there when you start feeling more energy and less hunger. If you do happen to feel hungry, try drinking 1 - 2 glasses of water and then wait 15 minutes. Most of the time the hunger goes away! Staying on your program has so many extraordinary benefits, like:

1. More energy
2. Improved sleep
3. No or reduced hunger or cravings
4. Progress on your Optimal Health™ journey

You've got this! As always, I'm available any time if you need me and look forward to our conversation today. I am excited for your 1 week celebration which is just around the corner! What are you learning about the way you fuel your body?

MESSAGE 9

When: Day 5

What: (message content)

Welcome to Day 5! Every Wednesday evening, **OPTAVIA™** offers some great resources to connect you to our Community and support you on your journey. We've found that Clients who engage in the Community and support have a better likelihood of success. I especially recommend the Habits of Health webinar. Here are the details so you can set alarms and copy the numbers to connect:

1. **CLIENT SUPPORT CALL:** Excellent information and Q&A Improved sleep
8 PM Eastern/5 PM Pacific (Wednesdays)
Call Dial in: 712.832.8330 Passcode: 4366777
2. **HABITS OF HEALTH WEBINAR:** Incorporate healthy habits in everything you do
8:30 PM Eastern/5:30 PM Pacific (Wednesdays)
Join from PC, Mac, Linux, iOS or Android: <https://zoom.us/j/113312513>
Or join by phone: 1.646.558.8656 Webinar ID:113 312 513
3. **TRILOGY PRESENTATION:** Explore all that **OPTAVIA** offers for your bigger life
9 PM Eastern/6 PM Pacific (Wednesdays)
Join from PC, Mac, Linux, iOS or Android: <https://zoom.us/j/113312513>
Or join by phone: 1.646.558.8656 Webinar ID:113 312 513

*Tip: If you miss any of these events live, you can always watch them [HERE](#): or you can listen to the recordings on podcast.

Have a great day! Are you feeling good, sleeping well, and learning new habits?



MESSAGE 10

When: Day 6

What: (message content)

Can you believe you are almost 1 week into your Health Journey? Today would be a great time to jump in and start exploring Dr. A's *Habits of Health* book and the workbook *Living a Longer Healthier Life*. You can read them through or feel free to skip around. If you want a recommendation, here is a great place to start:

1. Chapter 3 (Motivation) & Chapter 4 (Choices) in Dr. A's book, *Habits of Health*
2. Lesson 1 "Your Changing World" in your workbook, *Living a Longer Healthier Life*
* Strive to complete at least 1 page each day in your workbook

Let's schedule your 1 Week Celebration call tomorrow! What time works for you?

MESSAGE 11

When: Day 7

What: (message content)

Day 7 is here! You are doing great! Here are a few tools that you can save on your phone for greater variety and flexibility:

1. Remember, on program you get 3 condiments per day. Our [Condiment List](#) will add variety to your Fuelings.
2. If you are eating out, you may find the [Dining Out Guide](#) helpful.

Of course, you can call/text/message me with questions, too.

Have you gone out to eat yet? What are your favorite condiments?



MESSAGE 12

When: Day 8

What: (message content)

Congratulations! It's Day 8, which means you have officially completed your first week of incorporating healthy habits. That's a big deal! Today is a great day to celebrate and do these things:

1. What are a few of your Wins of the Week (WOWs) that you are ecstatic about?
2. Would you share your Week 1 weight loss with me so that we can celebrate together? Weighing in bi-weekly is a good idea from this point forward so you can focus on the new healthy habits you are learning.
3. Take a Week 1 progress picture. You may be pleasantly surprised when you see the side-by-side comparison.

We'll continue to chat two times for the next three weeks, so if we haven't selected those days and times, let's do that on our next call. The more connected you are to our Community, the better your experience will be.

OPTIONAL MESSAGES

REFERRAL PROGRAM: SEND WHEN APPROPRIATE

Don't be surprised if people ask what you are doing as you experience success. They'll have questions and want to know more. The best way to give them that info is to connect them with me. When they ask, you could respond with:

"Yes! I am getting healthy and it's so easy. Let me connect you with my free **OPTAVIA** Coach™ so they can answer your questions and see if this is a good fit for you too."

Best ways to do this:

1. Group text with all 3 of us in it.
2. Facebook private message with all of us in it.

They trust you so if you connect us, they will feel more comfortable. If you can connect them with me, rather than just give them my number, the chances of being able to speak with them is greater. We want to awaken people to what is possible & really help them with a lifelong transformation. We always start with why they want to get healthy before we share how.

So let's do this together and truly help others. By the way, when someone starts the program because you connected us, I want to thank you! So you will receive a \$25 credit on your account for each person who becomes a Client.

OR maybe they would like to be coached by you since they have the relationship with you? Would you like to explore coaching and see what that would be like?



HOW TO RETURN FUELINGS: SEND WHEN APPROPRIATE

If you have any items that you would like to return, it is a simple process. Here's how:

1. Call 1.888.**OPTAVIA** to initiate the return. (Save this number in your phone.)
2. Returns must be within 30 days of receiving the item.
3. Returns: You may only return a full box for a refund.

Let me know if you have any questions and congratulations on your progress so far on your Optimal Health™ Journey!

HOW TO UPDATE YOUR NEXT BESLIM® ORDER: SEND WHEN APPROPRIATE

Please watch this [short video](#) to learn how to update your next BeSlim® Order. (You must be logged into your client account, to view from your 'Account Dashboard')

Remember you will want to be sure your new order has at least 22-23 boxes. You can access your account by going to: my website or the link referenced in the video. You'll need your username and password or our Client Success Team can help you at 1.888.**OPTAVIA**.

I would suggest updating your next order and changing the process date to suit your needs. This will ensure your order ships as soon as possible and you don't run out of your favorite Fuelings!

Reach out with any questions and congratulations on your progress!

DETAILS FOR THE BESLIM CLUB:

For Clients who are unsure or if they need more information.

When we placed your first order, you enrolled in the BeSlim® Club which gives you many benefits including free shipping and 10% in rewards off your next order. It also automatically refills your Fuelings so that you don't run out on your journey.

You have complete control and flexibility over your autoship and can change or cancel at any time. You will receive reminder emails 7 and 4 days before your order processes. These reminders will prompt you to make any changes.

If you have any questions, let me know. I'm happy to assist!