

HERBALIFE
NUTRITION

Client Wellness Profile

My Journey So Far. . .

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I used to. . .

- Have a stressful job
- Expense account
- Poor eating times
- No time for exercise

Now I. . .

- Take time for me
- Eat healthily
- Take my Herbalife daily
- Exercise

Wellness Profile Process

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1. Herbalife samples
2. Questionnaire
3. Body Measurements
4. How Herbalife may help
5. 3 / 6 day trial programme
6. Follow-up appointment after trial to get your feedback and overview your results

Wellness Profile Goal

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Short Term

To find out about you, educate you about your body and small changes you can make to achieve your wellness goals and allow you to start on our 3 or 6 day nutritional trial if you wish.



Long Term

For me to become your Wellness Coach and through a personalised programme of coaching, food, Herbalife and exercise help you reach your 'Level 10' and get in the shape of you life for life!



One step at a time!

Level 10 Challenge

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90 DAYS TO A STRONGER, FITTER, SLIMMER YOU

LEVEL 10
BODY TRANSFORMATION CHALLENGE
POWERED BY HERBALIFE ACTIVE

ENTER THE LEVEL 10 CHALLENGE
FOR £10 AND BE IN WITH
THE CHANCE TO WIN £10,000

HOW IT WORKS: 5 EASY STEPS!

- 01 SET YOUR GOAL: DO YOU WANT TO LOSE WEIGHT; LOSE BODY FAT OR GAIN LEAN MUSCLE MASS?
- 02 SCHEDULE A PERSONAL EVALUATION AND BODY ANALYSIS
- 03 JOIN THE LEVEL 10 CHALLENGE AND COMMIT TO YOUR GOAL
- 04 MEET WEEKLY WITH YOUR COACH FOR EDUCATION SUPPORT
- 05 ACHIEVE YOUR LEVEL 10 RESULTS AND BE IN WITH A CHANCE OF WINNING £000'S IN PRIZES



ANYBODY CAN ENTER; IT'S ABOUT
TRANSFORMING YOUR BODY AND LIFESTYLE, AND
GETTING TO YOUR PERSONAL LEVEL 10 RESULT.

- National competition
- Free to enter
- No input required

- Opportunity to win up to £10,000 for simply staying on track and getting in the best shape of your life!

Herbalife Samples

HERBALIFE NUTRITION



One serving of Formula 1 meal replacement shake made up with 250ml semi-skimmed milk provides:



PROTEIN

A similar amount of protein as 1 fillet of baked cod



VITAMIN C

A similar amount of vitamin C as 1 medium sized satsuma



VITAMIN E

A similar amount of vitamin E as 1 tablespoon of sunflower oil



VITAMIN A

A similar amount of vitamin A as 100g of cheddar cheese



CALCIUM

A similar amount of calcium as 2 pots of plain yoghurt



POTASSIUM

A similar amount of potassium as 1 banana

The depicted foods above contain other nutrients not present in Herbalife® Formula 1 shake.

- ✓ Calorie-controlled: 220 kcal per serving
- ✓ High protein: 18g per serving
- ✓ Soy protein: a complete protein providing all essential amino acids
- ✓ Essential vitamins and minerals
- ✓ Underpinned by science
- ✓ Developed by experts in nutrition
- ✓ Quick to whip up
- ✓ Personalise your shake with your favourite fruits
- ✓ Consume as part of a varied and balanced diet and healthy lifestyle



Herbalife Samples

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Questionnaire

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Wellness Profile Questionnaire **HERBALIFE NUTRITION**

Full Name:

E-Mail:

Mobile:

Occupation:

Occupation Activity Levels: Sedentary / Moderate / Active / Intense

Smoker: Yes / No If Yes, how many per day?: Cost per week?

Medical conditions, injuries, medication, allergies or intolerances?
.....
.....
.....

Other health struggles or issues? (tiredness, headaches, digestion)?
.....
.....
.....

Weekly Exercise

- Amount? None / 1-2 / 3-5 / Every day
- Type? Light Cardio / Class Cardio / Weights / Heavy Weights
- Sports / Hobbies?

.....

Let's find
out about
you!

Be honest!

Personal Details:

Full Name: _____

Date of Birth: _____ Mobile: _____ Age: _____

Address: _____

Email: _____

Current Circumstances:

Occupation: _____

Occupation Activity Levels: Sedentary / Moderate / Active / Intense

Smoker: Yes / No If yes then how many per day?: _____ Cost per week?: _____

Medical conditions, injuries, medication, allergies or intolerances?: _____

Other health struggles or issues? (tiredness, headaches, digestion, constipation): _____

Weekly Exercise:

- **Amount?:** None / 1-2 / 3-5 / Every day
- **Type?:** Light Cardio / Class Cardio / Weights / Heavy Weights
- **Sports / Hobbies?:** _____

Week Day Food & Drink Routine

Breakfast?:

- **Food:** None / Cereal / Toast / Porridge / Other _____
- **Drink:** None / Coffee / Tea / Fruit Juice / Water / Other _____

Mid Morning?:

- **Food:** _____ **Cost?:** _____
- **Drink:** _____ **Cost?:** _____

Lunch?:

- **Food:** _____ **Cost?:** _____
- **Drink:** _____ **Cost?:** _____

Mid Afternoon?:

- **Food:** _____ **Cost?:** _____
- **Drink:** _____ **Cost?:** _____

Dinner / Tea?:

- **Food:** _____ **Cost?:** _____
- **Drink:** _____ **Cost?:** _____

Before Bed?:

- **Food:** _____ **Cost?:** _____
- **Drink:** _____ **Cost?:** _____

Total Food & Drink Cost?: _____ **Weekly?:** _____ **Monthly?:** _____

Weekly Alcohol Units?: _____ **Cost?:** _____ **Monthly Cost?:** _____

Monthly Eating Out / Take-away: Number of times? _____ **Cost?:** _____

Total monthly spend on food and drink, not including weekends: _____

Your General Goals (circle all that apply):

- **Weight Loss**
- **Fat Loss**
- **Toning**
- **Feel Healthier**
- **Extra Energy**
- **Gain Weight**
- **Build Muscle**
- **Sports Recovery**
- **Endurance**
- **Health Related**
- **Clearer Skin**
- **Stronger Hair**
- **Stronger Nails**
- **Sleep Better**
- **Feel Younger**

Specific Goals:

By _____ **I would like to** _____

Because _____

Signed: _____

Things that could stop you achieving the above?: _____










Thank you for taking the time to complete this questionnaire. My commitment to you is that I will guide and support you every step of the way in making the small but necessary changes to your daily routine that are required to help you achieve all your health and wellness goals.

Your Herbalife Wellness Coach,










HERBALIFE NUTRITION 3 Day Trial Body Analysis

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Name:		Address:		Date:
Age:	Height:			Post Code:
Email :		Tel:		
Health Issues:		Smoker:	Result Required:	
		Allergies:		
		Medication:		
Recommendation:				Protein Factor:

 % Body Fat	 Weight	 RMR	 Metabolic Age	 % Body Water	 Visceral Fat	 Bone Mass	 Muscle Mass	 Body Type
Bust:		Waist:		Hips:		Legs:		
Before	After	Before	After	Before	After	L	R	

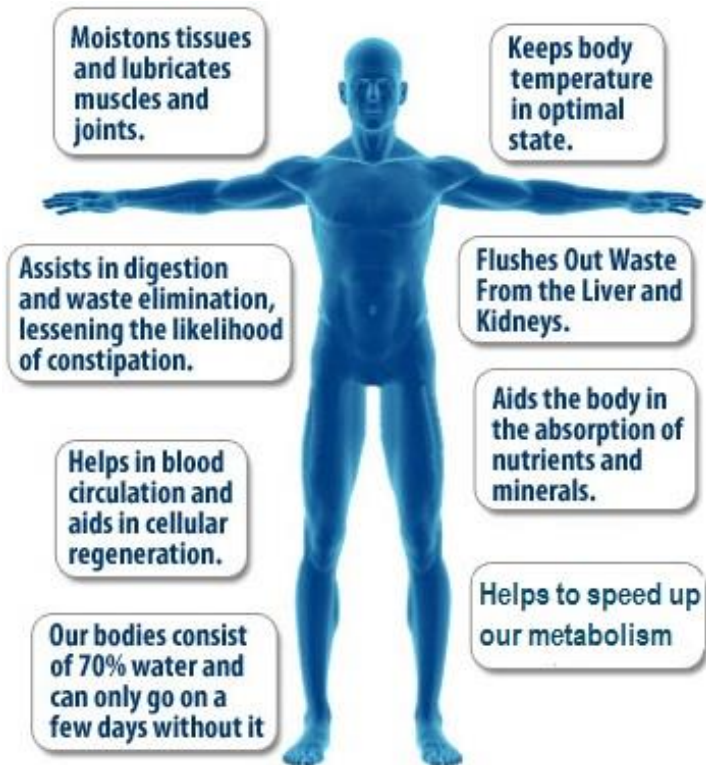
HERBALIFE NUTRITION 3 Day Trial Body Analysis

Name:				Date:				Protein Factor:
 % Body Fat	 Weight	 RMR	 Metabolic Age	 % Body Water	 Visceral Fat	 Bone Mass	 Muscle Mass	 Body Type
Recommendations:								

Wellness
Coach Tel:

www.3daytrial.org

Hydration



Hydration Result Guide

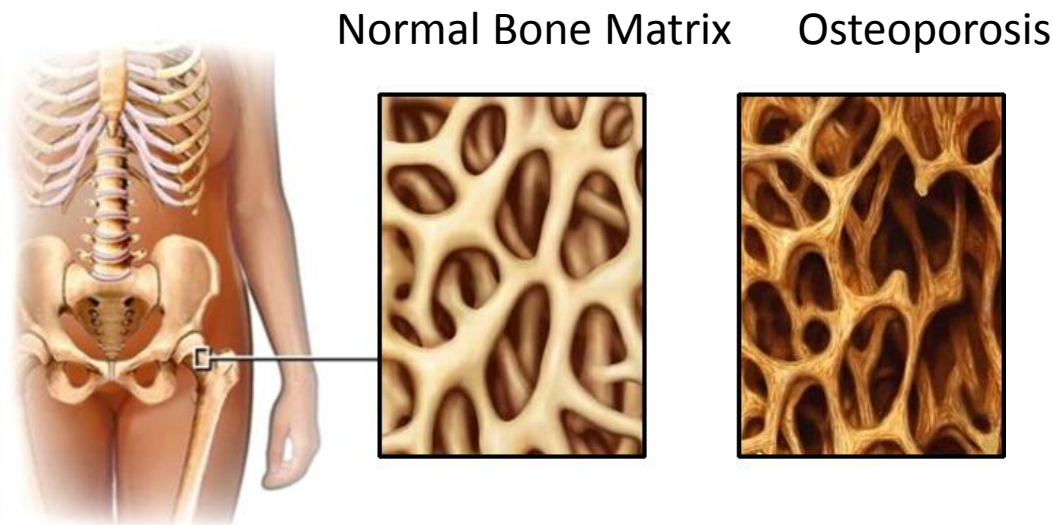
Female 45% - 60%

Male 50% - 65%

Dehydration can result in:

- Hunger
- Weight Gain
- Fatigue
- Migraines
- Constipation
- Muscle Cramps
- Increased Blood Pressure
- Kidney Problems
- Dry Skin / Mouth

Bone Mass



Female Result Guide

<7st 8 lbs	4.3 lbs
<106 lbs	4.3 lbs
<48 kg	1.9 kg

7st 8 lbs – 11st 7 lbs	5.3 lbs
106 lbs – 161 lbs	5.3 lbs
48 kg – 73 kg	2.4 kg

>11st 7 lbs	6.5 lbs
>161 lbs	6.5 lbs
>73 kg	2.9 kg

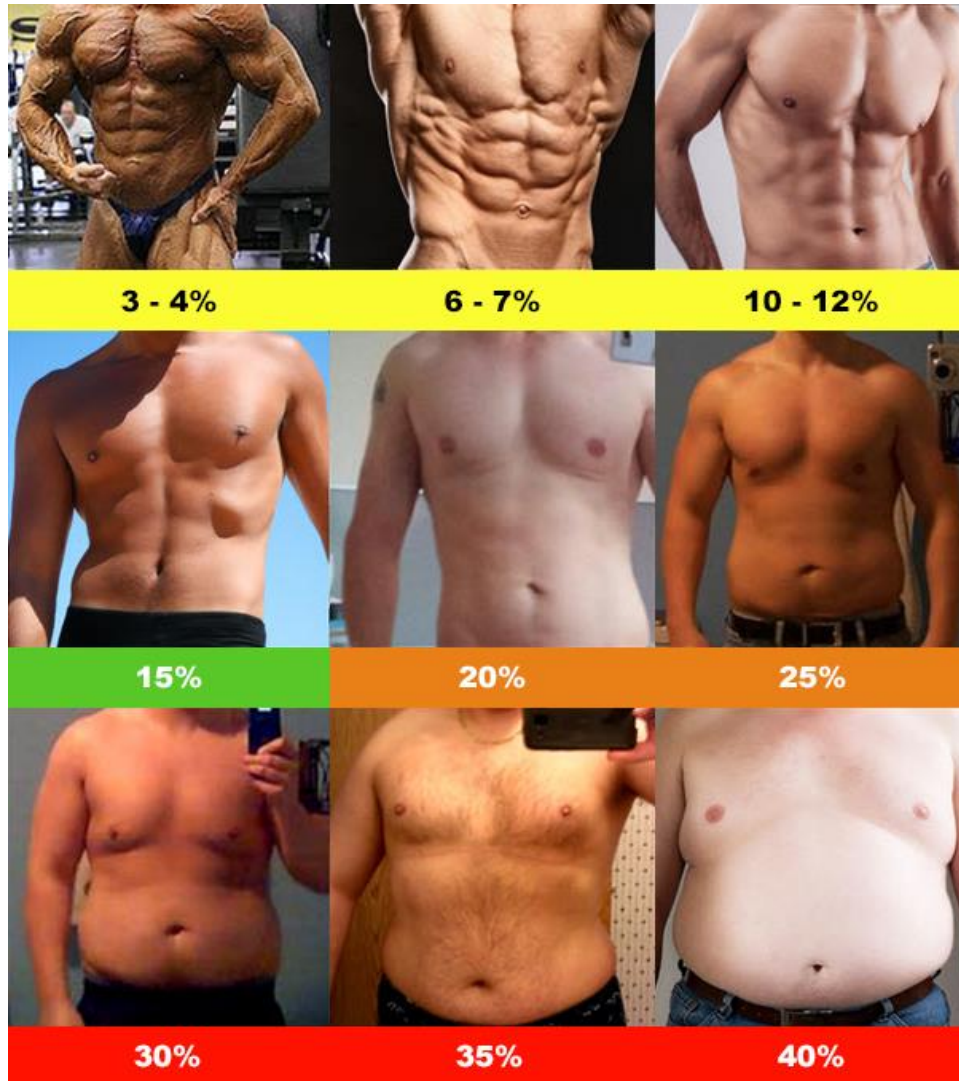
Male Result Guide





<10st 2 lbs	5.9 lbs
lbs	5.9 lbs
<142 lbs	2.6 kg

10st 2 lbs – 14st 9 lbs	7.3 lbs
142 lbs – 205 lbs	7.3 lbs
64 kg – 92 kg	3.3 kg

>14st 9 lbs	8.1 lbs
>205 lbs	8.1 lbs
>92 kg	3.6 kg

Male – Body Fat %



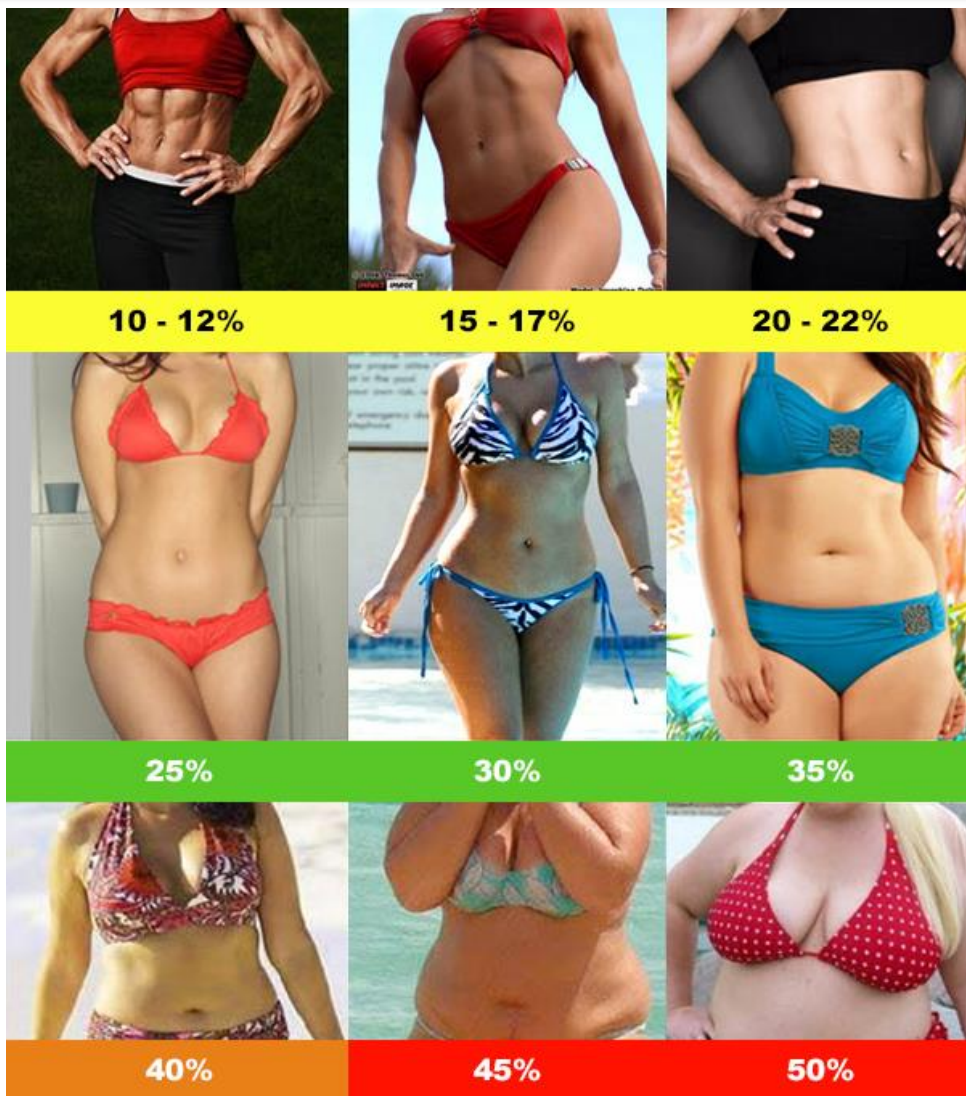
	Low
	Normal
	High
	Too High





Where would you like to be?

Where are you now?

Female – Body Fat %

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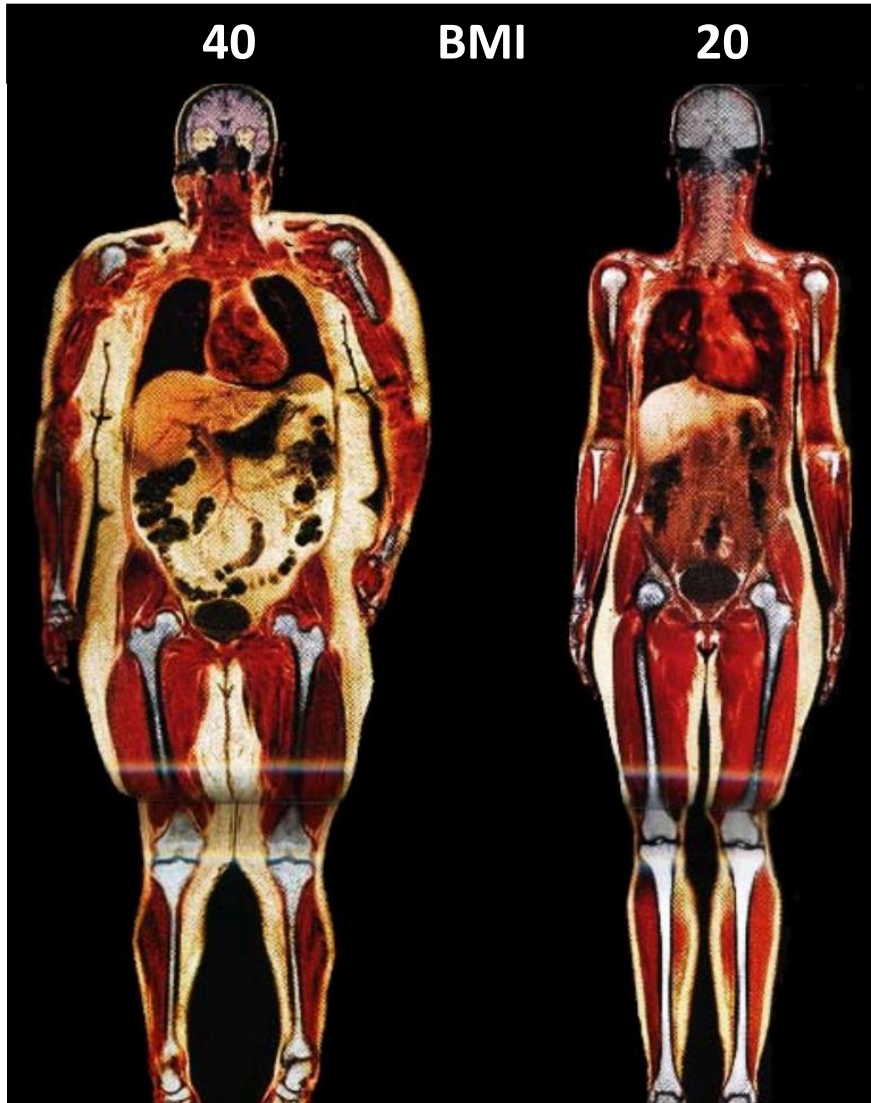


	Low
	Normal
	High
	Too High

Where would you like to be?

Where are you now?

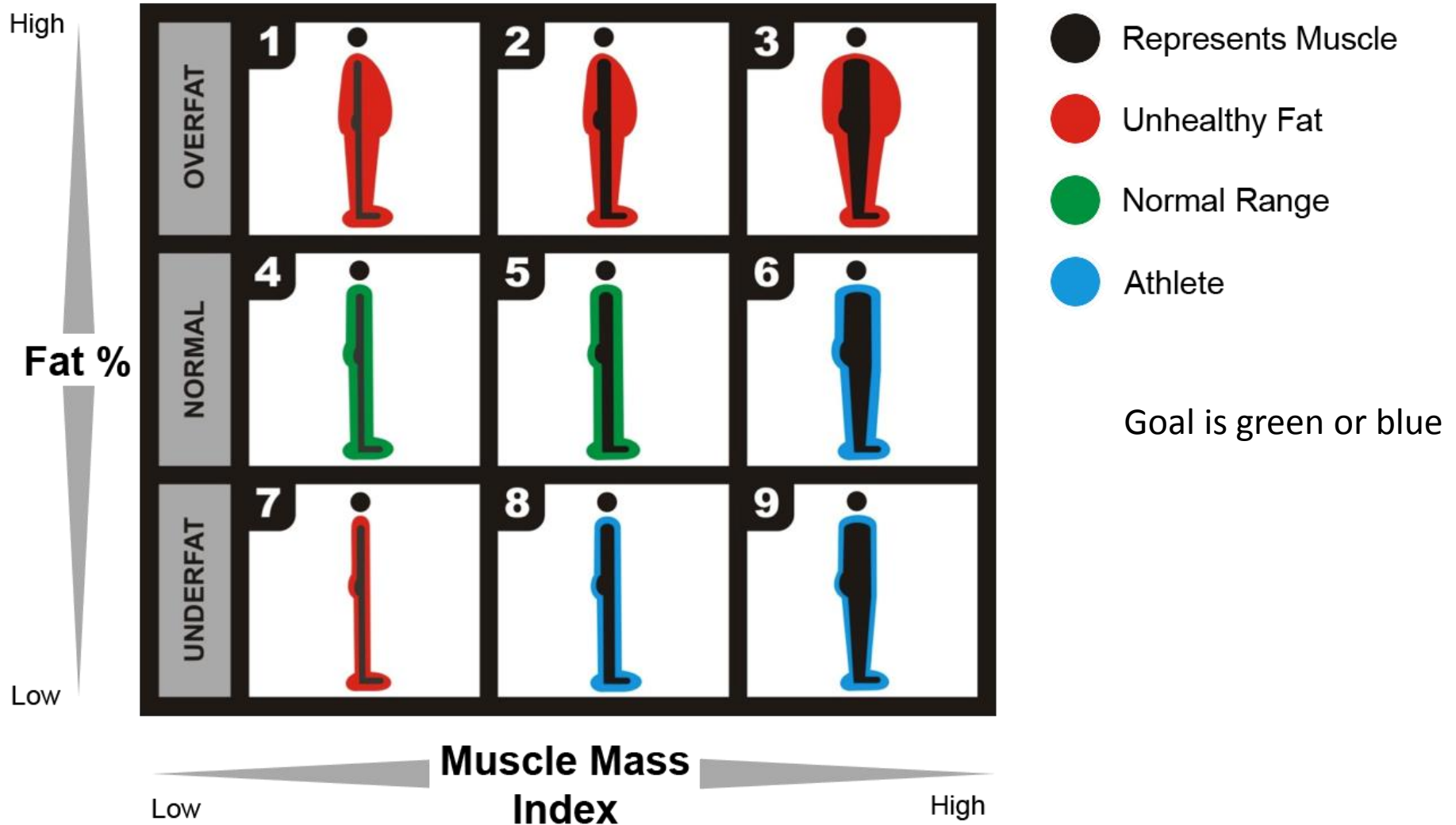
Visceral Fat



- Visceral Fat prevents organs from functioning normally and puts them under huge strain.
- Too much Visceral Fat is life-threatening and should be taken very seriously.

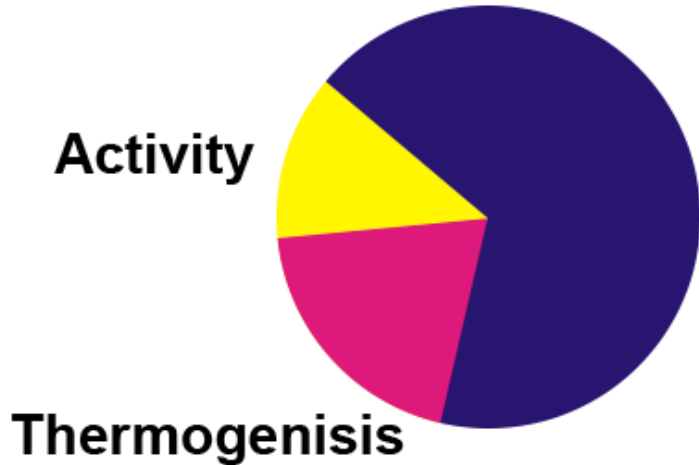


Physique Type



Basal Metabolic Rate (BMR)

Basal Metabolic Rate



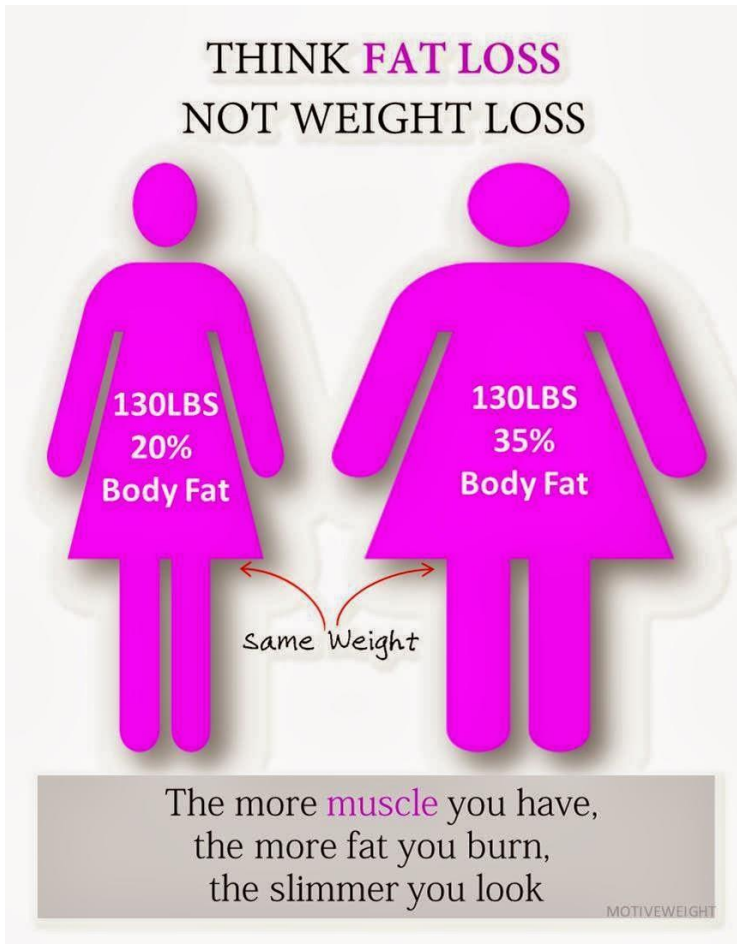
- Your BMR is the amount of calories you burn at rest
- If you laid in bed all day this is how many calories you burn
- BMR is directly linked to your muscle mass

Weight Loss
- 500 calories

Maintenance
Reach BMR

Weight Gain
+ 500 calories

Muscle Mass



Current



Goal



Lower Body fat



Increase / maintain lean muscle

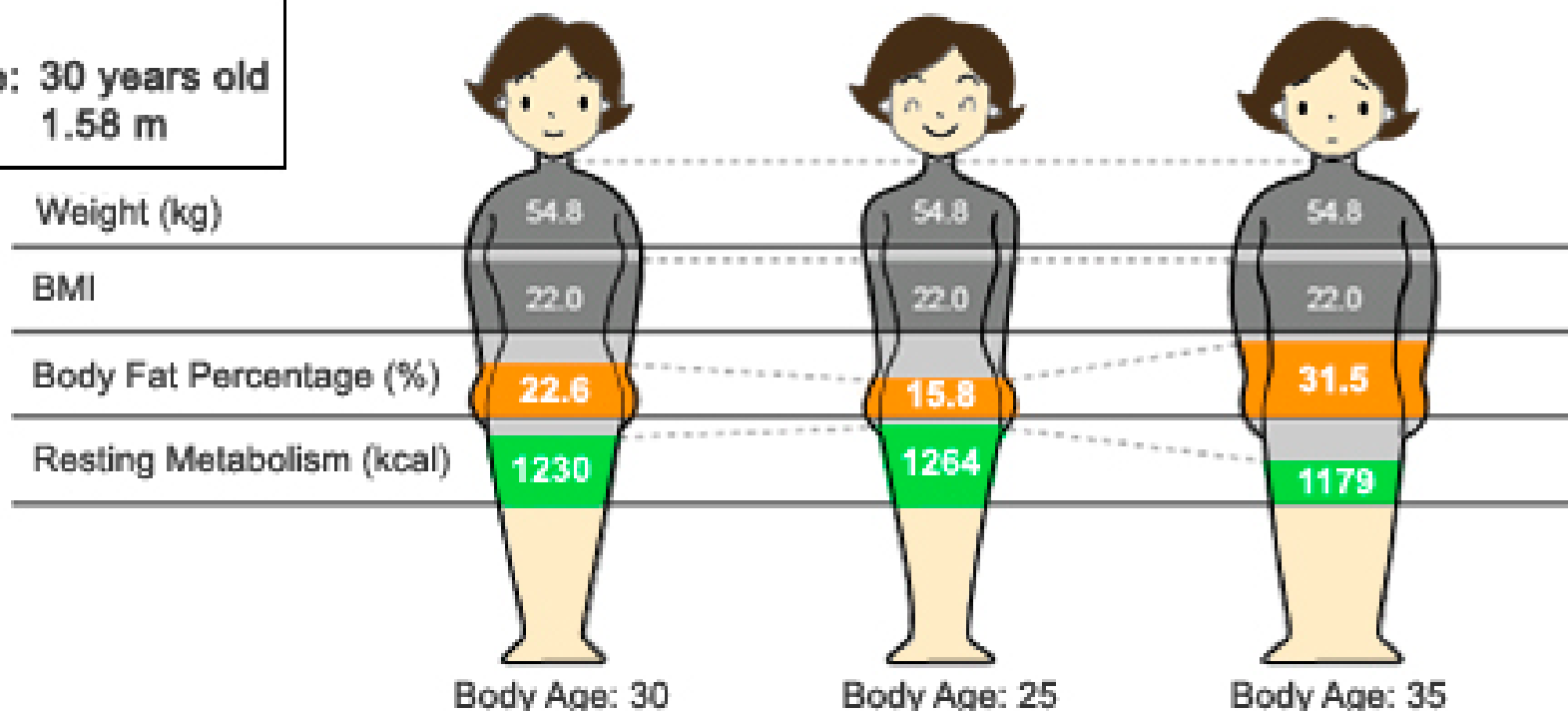


= More efficient at burning calories!

Metabolic Age

- Directly related to your BMR
- How old your body thinks it is!

Example:
Actual Age: 30 years old
Height: 1.58 m



Improving your body stats

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Improving your stats is easy but it doesn't happen over night.

I'll support you every step of the way.

Here's what we need to focus on. . .

Balanced Nutrition Daily

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**Product
Result**

10 - 5 - 1 - R

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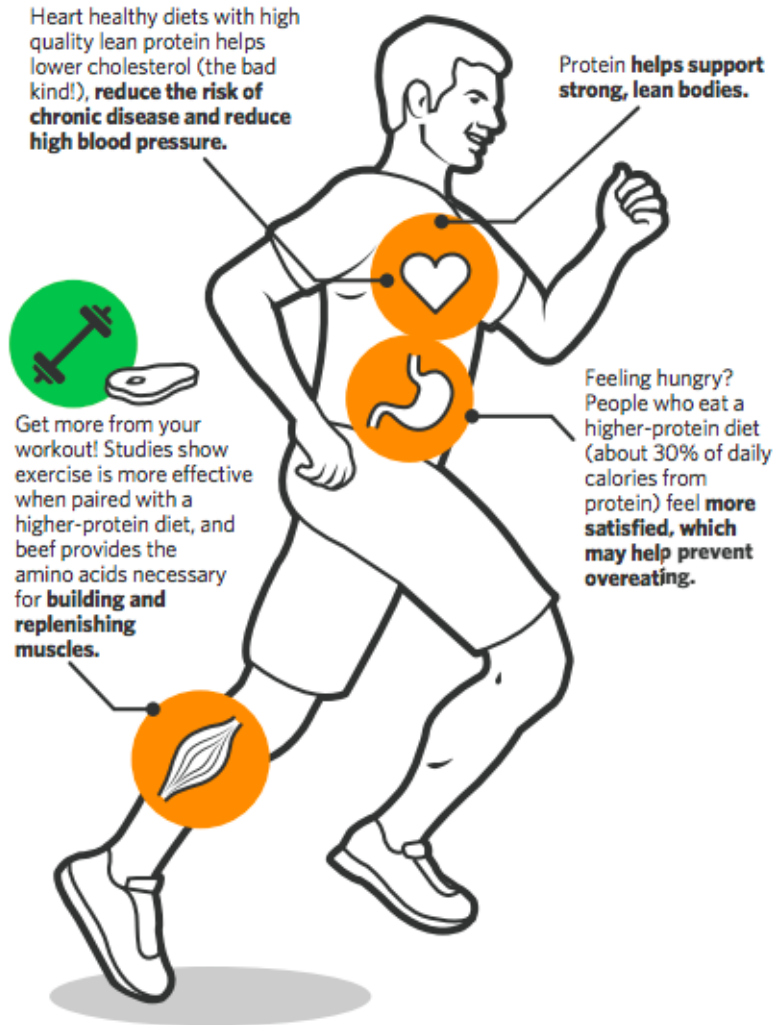


Eat 5-6 times a day

80% NUTRITION			AND			
LOSE WEIGHT*	WOMEN	Healthy Breakfast 	Healthy Snack 	Healthy Lunch 	Healthy Snack 	Healthy Dinner  approx 600 kcal
	MEN	Healthy Breakfast 	Healthy Snack 	Healthy Lunch 	Healthy Snack 	Healthy Dinner  approx 800 kcal
MAINTAIN YOUR WEIGHT**	WOMEN	Healthy Breakfast 	Healthy Snack 	Healthy Lunch 	Healthy Snack 	Healthy Dinner 
	MEN	Healthy Breakfast 	Healthy Snack 	Healthy Lunch 	Healthy Snack 	Healthy Dinner 
GAIN MUSCLE	WOMEN	Healthy Breakfast 	Healthy Snack 	Healthy Lunch 	Healthy Snack 	Healthy Dinner 
	MEN	Healthy Breakfast 	Healthy Snack 	Healthy Lunch 	Healthy Snack 	Healthy Dinner 

Hit Protein Target

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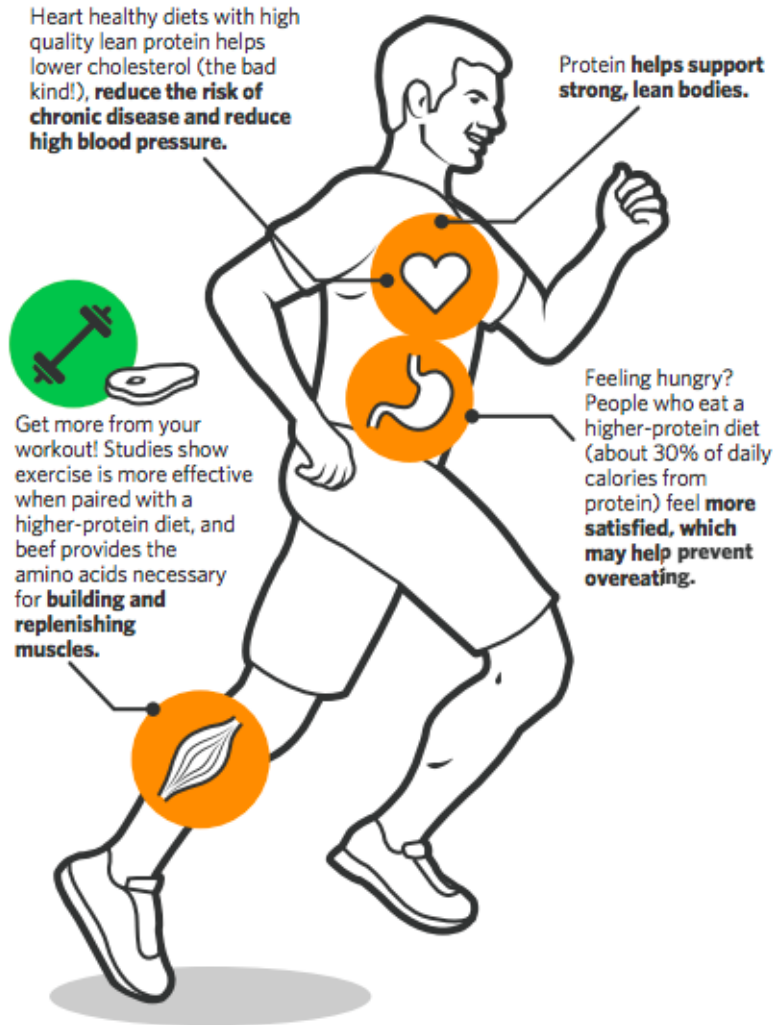
What's your daily protein target?

**Muscle Mass in lbs =
Daily target in g**

So your daily target is?

Hit Protein Target

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What's your daily protein target?

**1-2g of Protein / day
for
Every KG of body weight**

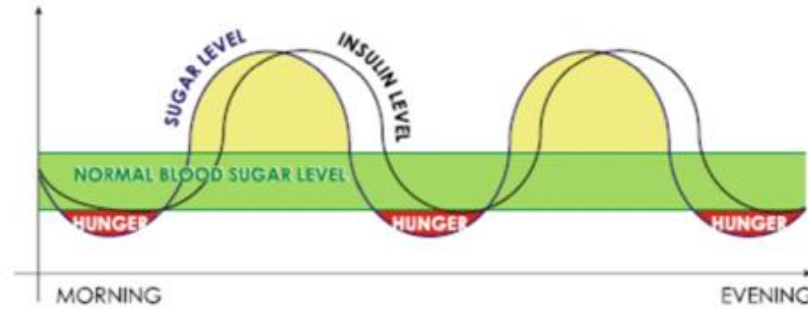
So your daily target is?

Healthier choices - Breakfast

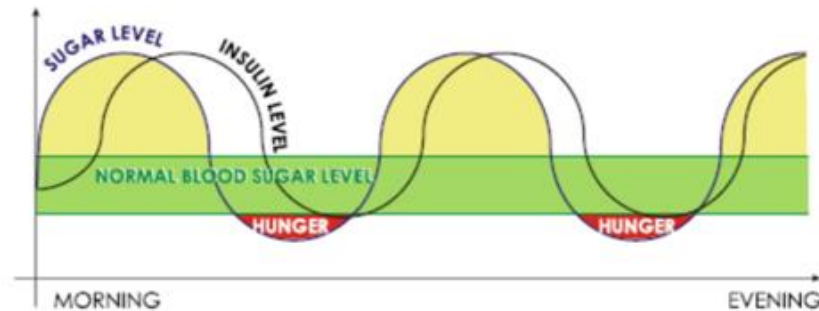
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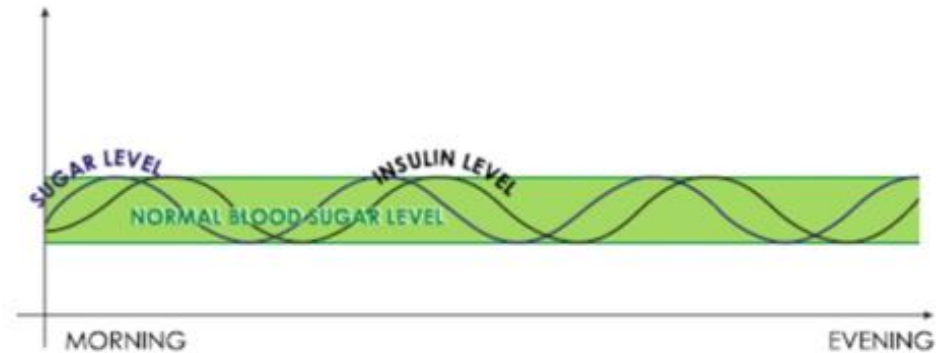
**Skipping
Breakfast**



**Carbohydrate
Based
Breakfast**



**Balanced
Healthy
Breakfast**



Healthier choices - Lunch

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£2.46*



Formula 1
One perfect healthy meal every day

Herbalife Core Nutrition



Formula 2
Essential vitamins and minerals



Fibre and Herb
Helps optimise your digestive health

Calories 217	Calories 780
Protein 17.6g	Protein 29.8g
Sugar 20.9g	Sugar 25g
Fat 6.7g	Fat 26g
Sat. Fat 3.3g	Sat. Fat 11g
Sodium 0.28g	Sodium 1.4g

£4.49



* Includes price of 250mls of milk to prepare shake.

Healthier choices - Lunch

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Replacing just one meal per day,
over a year you would save:

£558.45

205,495_{cal}s



366 hours
on a
treadmill!

Get Active!

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Your Support

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- Personalised support to suit your needs and help you reach your long term goals.
- Weekly Follow ups
- My coaching is free with all programmes purchased from me.

You don't have
to be great to start,
but you have to
start to be great



Simple
changes. . .

Amazing
results!

Body Transformations

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I Used To

- Eat beef curry for breakfast
- Sleep in the afternoon
- Work 70+ hours a week
- Lead a party life
- Hardly see my daughter



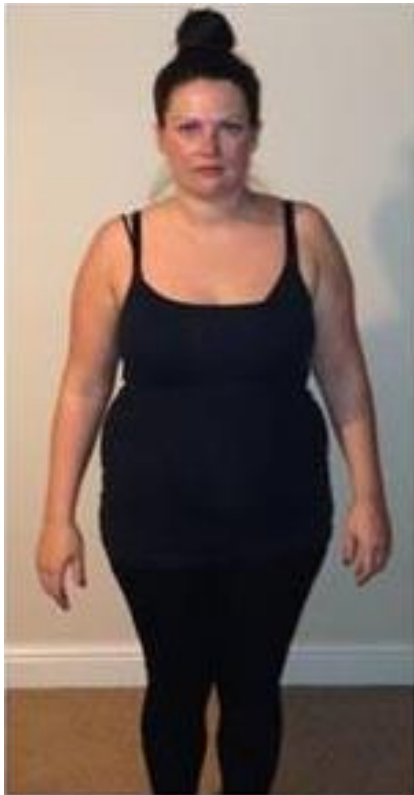
Now I

- Have a shake for breakfast
- Have bags of energy
- Lead a healthy active lifestyle
- See my daughter when I want.

Body Transformations

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I Used To



- Eat lots of white carbs.
- Have a sweet treat every day.
- Feel lethargic and have no energy for exercise.
- Have an hour and half commute to work (longer if trains were delayed!).



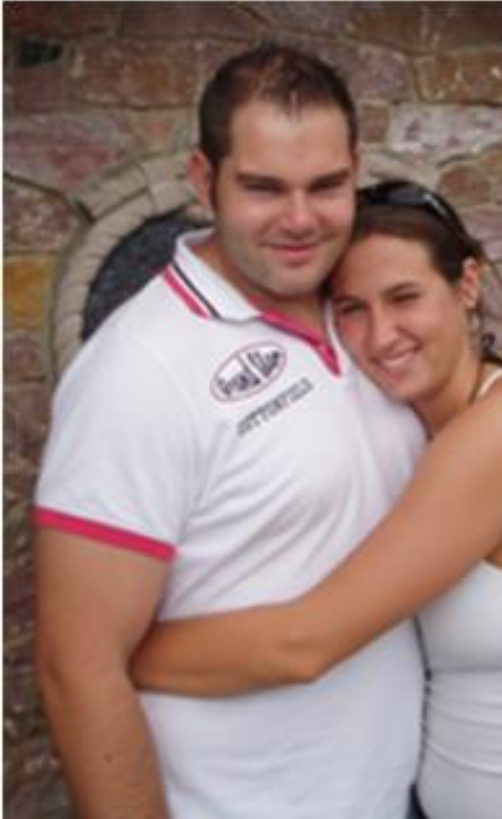
Now I

- Eat clean
- Consume shakes that provide me with optimum nutrition.
- Have plenty of energy for exercise and other things.
- Work hours that suit me and my children.

Body Transformations

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NUTRITION

I Used To



- Exercise loads
- Eat loads of junk food
- Not eat any vegetables other than carrots with a roast on Sunday
- Didn't think I could ever get a six pack

Now I



- Still Exercise but not as much.
- Eat balanced healthy meals including vegetables
- Have a Six pack
- Feel awesome

Body Transformations



I Used To

- Run & cycle a few times a week
- Eat pasta & pizza
- Work at a desk
- Pay for child care
- Be tired in the evening



Now I

- Have a shake for breakfast
- Have bags of energy
- Lead a Healthy Active Lifestyle
- Have no child care costs

Body Transformations

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I Used To

- Eat junk food
- Feel tired all the time
- Really dry skin
- Snack all the time
- Never Exercise



Now I

- Take products every day
- Have endless energy
- Great Skin
Eat Healthy and Clean
- Exercise
- Enjoy my life

Body Transformations

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I Used To ...



- Hate the way I looked and didn't like going out
- NEVER eat breakfast and often skipped lunch
- Think I would lose weight by not eating throughout the day
- Feel lethargic and lacked energy at times.
- Be 41.4 % body fat



Now I ...

- Take Herbalife products every day along with regular balanced meals.
- Feel full of energy all the time.
- Enjoy shopping for clothes
- Am the fittest I've ever been
- Am 31.8 % body fat

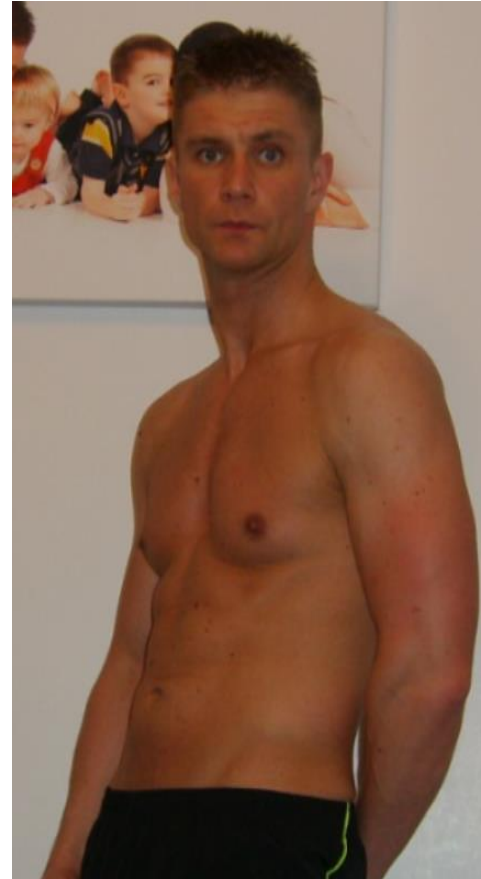
Body Transformations

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NUTRITION



I Used To ...

- Eat Cereal for breakfast.
- Fall asleep at 5pm on the sofa.
- Burn out after 30 mins of sparring at Thai Boxing.
- Eat take away 2 or 3 times per week.



Now I ...

- Have a shake for breakfast.
- Still have an abundance of energy at 5pm.
- Can last well over an hour sparring.
- Eat clean, Lead a healthy active lifestyle & feel amazing.

Body Transformations

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I Used To



- Be a Yo-Yo dieter
- Start a new diet every Monday
- Be a comfort eater
- Get ill ALOT
- Feel very tired all the time
- Eat convenient food
- Drink every weekend
- Have low self-esteem

Now I



- Take Herbalife products every day along with regular balanced meals
- Feel full of energy ALL THE TIME
- Go the gym
- Very rarely get ill
- Get compliments
- Feel more confident
- Eat clean

Total commitment for 3 days!

**HERBALIFE
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**“ JUNK FOOD YOU’VE
CRAVED FOR AN HOUR,
OR THE BODY YOU’VE
CRAVED FOR A LIFETIME?
YOUR DECISION.”**

Start your journey today for £10

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3 Day Weight Loss Trial



- Replace 2 meals a day
- Snacks should be protein based
- Thermo Complete as instructed
- 3 litres of water minimum

6 Day Healthy Breakfast Trial



- Replace breakfast to start the day the best possible way
- Thermo Complete as instructed
- 3 litres of water minimum

Daily contact with me to stay on track and with any questions

Why the trial first?

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- To prove our programme works for you
- So you can experiment with the shakes
- To see how you feel
- To make sure you are committed
- For us to work together

Me + You + Herbalife = Results!

See you in 4 days!

Who else can I help?

- You are statistically more likely to succeed if you have someone on the journey with you!
- Do you know anyone else who:
 - Maybe interested in a Free Wellness Profile
 - Maybe interested in a 3 Day Trial
- My referral system:



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Welcome back. . . Results

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**TRIAL PACK
CUSTOMER SATISFACTION QUESTIONNAIRE**

NAME: _____ DATE: _____
AGE: _____ GENDER: _____ HEIGHT: _____ WEIGHT: _____
EMAIL: _____ TELEPHONE: _____

I may wish to contact you by telephone & email from time to time with news and offers regarding Herbalife and Herbalife Products. If you would like to be contacted in this way please tick this box.

Q1. WHY DID YOU DECIDE TO BUY THE TRIAL PACK?
 Curiosity Other reasons (please explain) _____
 See what the products taste like _____
 See how I feel after using the products _____

Q2. HOW SATISFIED ARE YOU WITH THE TASTE OF FORMULA 1 SHAKE?
 Very Satisfied Somewhat Satisfied Neither Satisfied Nor Dissatisfied
 Somewhat Dissatisfied Very Dissatisfied

Q3. HOW DID YOU FIND THE PRICE OF THE TRIAL PACK?
 Very Good Good Fair Expensive Very Expensive

Q4. WOULD YOU RECOMMEND THE PRODUCTS TO SOMEONE ELSE?
 Yes No

Q5. DO YOU INTEND TO CONTINUE WITH A FULL PRODUCT PROGRAMME? (IF YES GO TO NEXT QUESTION)
 Yes No

Q6. WHAT IS YOUR NUTRITIONAL GOAL?
 Lose Weight Maintain Your Weight Gain Muscle

USE YOUR ELECTRONIC SCALE MEASUREMENTS TO TRACK YOUR PROGRESS. WE ADVISE YOU TO KEEP THIS INFORMATION SAFE TO ENABLE YOU TO COMPARE YOUR RESULTS OVER TIME. FOR MORE INFORMATION ON HOW YOU CAN USE THESE MEASUREMENTS TAKE A LOOK AT THE HERBALIFE PRODUCT BROCHURE. THESE MEASUREMENTS ARE NOT ADVISED FOR MEDICAL PURPOSES. FOR ANY MEDICAL CARE OR ADVICE, PLEASE CONSULT YOUR DOCTOR. THE BELOW DATA IS FOR YOUR PERSONAL RECORDS. IF YOU NEVERTHELESS DECIDE TO PROVIDE THE BELOW DATA TO ME, YOU CAN AT ALL TIMES REQUEST THAT I DELETE THIS INFORMATION FROM MY SYSTEMS AND FILES. TO THAT EFFECT, CONTACT ME AT _____

Indicators	Weight (kg)	BMI	Body Fat (%)	Body Water (%)	Basal Metabolic Rate	Visceral Fat Rating	Muscle Mass or kg*	Metabolic Age*
Starting (Date / /)								
Mid Evaluation (Date / /)								
Final evaluation (Date / /)								

*Units and indicators may differ depending on the actual brand of body composition analyser. Please consult your manual.

HERBALIFE
The personal data that you provide to me via this form will be kept in compliance with applicable data protection laws. It will not be shared with anyone, including Herbalife. It will be used by me to provide the service that you have requested. You have a right to access the personal information that I hold on you, and correct it where needed. To this effect, please contact me at the address _____

- How do you feel?
- How were the shakes?
- Thermo Complete
- Any challenges?

**Results
Time!**

Healthy Breakfast

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£48.80 = **£1.62/Day**

- Better balanced breakfast
- Formula 1 nutrition to **fuel your body**
- Herbal Beverage for **energy and hydration**
- Additional Options:



£34.05



£33.20

Perfect Breakfast

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- Perfect balanced breakfast
- **100% RDA's**
- Contribute towards **daily fibre requirement**
- Additional Options:

£82.60 = **£2.75/Day**



£34.05

£33.20

Weight Loss Programme

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- 2 perfect balanced meals
- **100% RDA's**
- **£4-5 a day**
- Additional Options:

£111.00 = £3.70/Day
£1.85/Meal



£34.05



£33.20

Complete Nutrition Programme

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- 2 perfect balanced meals & snacks
- 100% RDA's
- £5-7 per day
- Additional Options:

£168.85 = £5.62/Day

£2.81/Meal



£33.20



£17.10

Personalising Your Programme

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Wellness Profile Questionnaire

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Personalising Your New Routine

	Breakfast	Mid Morning	Lunch	Mid Afternoon	Dinner	Before Bed	Total Protein
Herbalife	Protein:	Protein:	Protein:	Protein:	Protein:	Protein:	
Food	Protein:	Protein:	Protein:	Protein:	Protein:	Protein:	

Herbalife Protein Options

- 25g - Formula 1 (Milk)
- 25g - Formula 1 (PDM)
- 15g - PDM
- 10g - Protein Bar
- 10g - Soya Beans
- 10g - Soup
- 5g - Personalised Protein Powder (1 scoop)



Food Protein Options

- 24g - Chicken Breast (3oz boneless and skinless)
- 24g - Turkey Breast (3oz)
- 23g - Beef Steak (3oz)
- 23g - Salmon / Tuna (3oz)
- 23g - Greek Yoghurt (8oz)
- 20g - Shrimp (3oz)
- 14g - Cottage Cheese (1/2 cup)
- 13g - Dried Lentils (1/4 cup)
- 12g - Tofu (3oz)
- 8g - Edamame (1/2 cup)
- 8g - Quinoa (1 cup)
- 6g - Egg (large)
- 6g - Mixed Nuts (2oz)



Important to remember:

- 5-6 meals a day
- 3 litres of water
- Hit protein target
- Make healthier choices
- Commit to the journey

Cheaper and more convenient than a conventional healthy diet, but you should combine food & Herbalife and never be deprived!

Level 10 Challenge

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90 DAYS TO A STRONGER, FITTER, SLIMMER YOU

LEVEL 10
BODY TRANSFORMATION CHALLENGE
POWERED BY HERBALIFE ACTIVE

ENTER THE LEVEL 10 CHALLENGE
FOR £10 AND BE IN WITH
THE CHANCE TO WIN £10,000

HOW IT WORKS: 5 EASY STEPS!

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- No input required

- Opportunity to win up to £10,000 for simply staying on track and getting in the best shape of your life!

- Do you know anyone looking to make a Extra/Part time income?
- Anyone looking for a complete Career change?
- Anything from your products for Free or £300 - £3000+ per month.

Herbalife can help pay the bills as well as get you healthy!

[Opportunity Video – www.health-wealth-fitness.com](http://www.health-wealth-fitness.com)