

Shaklee 180 Wellness PHONE Consultation Worksheet

When we talked, you shared _____

Let me ask you something, what are YOUR top health concerns, challenges, or issues of importance?

- 1: _____
 2: _____
 3: _____

WHAT have you tried for these things? _____

HOW did that work for you? _____

Are you READY to be well? _____ WHY? _____

How will your life look different? What will you be able to do that you can't now? How will you feel?

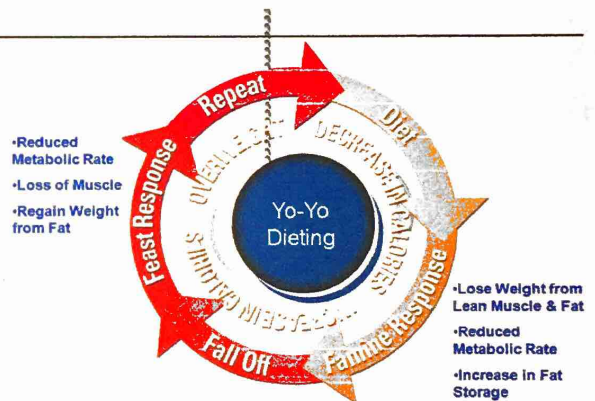
Now, (back to) the weight loss issue:

*** Here's why those other diets didn't work ***
 The vicious diet cycle!

Now, here's why Shaklee 180 works:
 *** Leucine – retain muscle, lose fat & Satisfaction ***

YOUR typical breakfast, lunch & dinner currently:

B _____ L _____ D _____



A typical day in the life of a Shaklee 180-er:

- Water first
- Breakfast Smoothee (customize your kit), Metabolic Boost, 1 Serving Fruit
- Mid-AM snack
- Lunch Smoothee OR Meal Bar, Metabolic Boost
- PM Snack (180 Snack Bar is best...10 come with kit), Energizing Tea
- Dinner (ex. 4 oz lean protein, 1 cup cooked veggie, small starch, smart salad), Metabolic Boost
 - *If higher calories are needed, add to snacks and protein at dinner*

How does that sound? BE QUIET!!!

Any additional questions or concerns?



Your investment:

- Spend less on current groceries
- Turnaround Kit is \$269 (2 complete meals/day, leucine-powered protein-filled snacks for 10 days, 1 hot or cold energizing beverage/day, and metabolic boost supplement to burn even more calories naturally & safely)
- FREE Membership – save 15% on ALL Shaklee products (\$19.95 value)
- FREE Personalized support and Shaklee 180 online tools – website/app (\$9.95/month value)
- FREE Shaklee 180 Workouts (\$19.95/month value)
- FREE Upgrade to expedited shipping on your first order (\$26.95 value) – arrives in just 3 days!
- Access to Shaklee Rewards (prizes from Healthy Competitions...weekly winners)
- Eligible for 3 for Free Program (get your kit free!)
- One-on-One support from me (priceless!) – weekly coaching calls (set up your personal plan, identify obstacles, provide encouragement, celebrate with you, and more!)

Ready to **Customize** YOUR Kit and get started?

Smoothie Mix (3 Canisters – 45 meals) 1) _____ 2) _____ 3) _____

Meal-in-a-Bar (2 Boxes – 14 meals) 1) _____ 2) _____

Snack Bars (1 Box – 10 snacks) 1) _____

Energizing Tea (1 Box – 28 servings) 1) _____

Metabolic Boost Supplement

Additional Snack Bars? (separate \$) 1) _____ 2) _____

Additional Supplements (separate \$) 1) _____ 2) _____ 3) _____

AutoShip

While you're waiting for you kit to arrive, please do these things:

- Set up a MyFitnessPal.com account...get familiar with it and send me a friend request
- Get a 3-ring binder with some plastic sheet protectors – keep all things Shaklee 180 at your fingertips
- Take your body measurements (measure everywhere!)
- Take front & side photos
- Record weight

These things may be hard to do, but you WILL be glad you have a record of them!

Call me the day your kit arrives (or the next day) and we will review the contents and how-to's, as well as determine a standing weekly coaching call time

Additional Notes/Comments: _____