

# OGX ACTION PLAN

Download OGX™ Product Fact Sheet, Meal Plans and Recipes in your Back Office.

Congratulations on taking the First Step to Living a Healthier Lifestyle with OG™ Products.

## 1. ACTION STEPS

### Be A Product of The Product.

By using the ogxFENIX™, you will be fueling your body with the ideal combination of protein, vitamins, minerals, calcium, fiber and more. And you will help others do the same - and save money too.

## 2. MAKE A SHAKE!

- Why wait? With so many delicious ways to enjoy the ogxFENIX™ - now is the time to get started. Download our recipes and see how you can have fun creating your own custom blends.
- Download the Meal Plan - for tips on how to eat healthy and fill your day with healthy nutrition.
- Have a coffee, green tea or red tea between meals. Studies show the naturally occurring ingredients in coffee and tea can help support good health, weight loss, and help you curb hunger. With 74% of adults being dehydrated (which slows metabolism) adding the OG products can help you step up your program so you can achieve your goals.

## 3. TAKE YOUR MEASUREMENTS!

**Not all results will be seen on the scale** - you may lose fat, but gain lean muscle. This means you will be smaller (1 pound of muscle is about ½ the size of 1 pound of fat) even if the scale doesn't change. You will want to track your results so you can see how a small change in your diet can have a big impact on how you feel.

## 4. PLUG IN.

Dial into the OG product calls, leadership calls and continue to learn tips and tools to help you live healthier, and share OG with others.

## 5. SHARE HOW OGXFENIX™ CAN HELP OTHERS:

Download the Fact Sheet, Comparison Charts and FAQ's in your Back Office.

ogxFENIX™ provides great nutrition, FAST. And you can see how ogxFENIX™ has less fat, sugar, and carbohydrates than other brands, along with great taste. And it can help you and others save money too. Just take a look at how ogxFENIX™ compares to commonly eaten foods and you will see how you are getting better nutrition for less money.

## 6. SAMPLE YOUR WAY TO SUCCESS

### Ask 4 questions:

1. Do you or anyone you know worry about their weight?
2. Do you or anyone you know worry about getting good nutrition and enough protein in each meal?
3. Do you want to save money on your grocery bills?
4. Would you like a way to make meals, fast, that are good for you?

**OVER 2/3 OF ADULTS ARE OVERWEIGHT OR OBESE. 40% OF THE WORLD POPULATION IS OVERWEIGHT OR OBESE. BEING OVERWEIGHT PUTS YOU AT RISK FOR 53 HEALTH ISSUES.**

## When they say yes - then you say:

1. Great. Can I invite you to a Mixer to try not only the Shake, but other healthy products?
2. Can I make you a smoothie to take to work?
3. Do you like chocolate? Or Vanilla?

### Also ask:

1. Do you drink coffee or tea?  
**When they say yes** - great. We have an amazing coffee, green tea, and red tea - and studies show these can help you when you are trying to manage your weight. Can I give you a sample of this, and get your feedback on how you like the taste, and how it makes you feel?
2. Would you give me a week to see how much weight you can lose and how great we can make you feel?

## 7. DEVELOP YOUR SUCCESS STORY:

Share how OG and ogxFENIX™ has made you feel. More energy? Feel better about your appearance? Helped you lose weight? Keep weight off? Helped you in the gym? Helped you save money?

With ogxFENIX™, and the OG coffee, tea, and supplements many people notice they feel better, sleep better, have more energy, in addition to losing weight.

### How to Use:

**To Lose Weight:** Replace 2 meals a day with OGX mixed as directed. Try our recipes and create your own. Eat a sensible 3rd meal (protein, vegetables, fruit), and a sensible 1-2 snacks a day (fruit, protein, fiber). See our tips on how to eat healthy.

**To Maintain Weight:** Have a shake a day—ideally for breakfast when most people eat little to no protein. Studies show a protein rich breakfast can help you keep on track.

**DID YOU KNOW? PROTEIN AFTER A WORK OUT CAN HELP YOUR MUSCLES BUILD AND REPAIR.**

## 8. GO SOCIAL

Let your friends and family see you enjoying the Organo™ Lifestyle, share recipes, post daily.

**Invite them to learn more!**



## 9. STAY MOTIVATED

**Join** weekly Calls

**Watch** - videos on OG Academy.

**Attend** - local trainings, regional and national events. Meet new friends, have fun, and learn more ways to help you build your business!

**Listen. Learn.** Building your belief system and changing your thinking can help you create the winning attitude that will help you succeed.