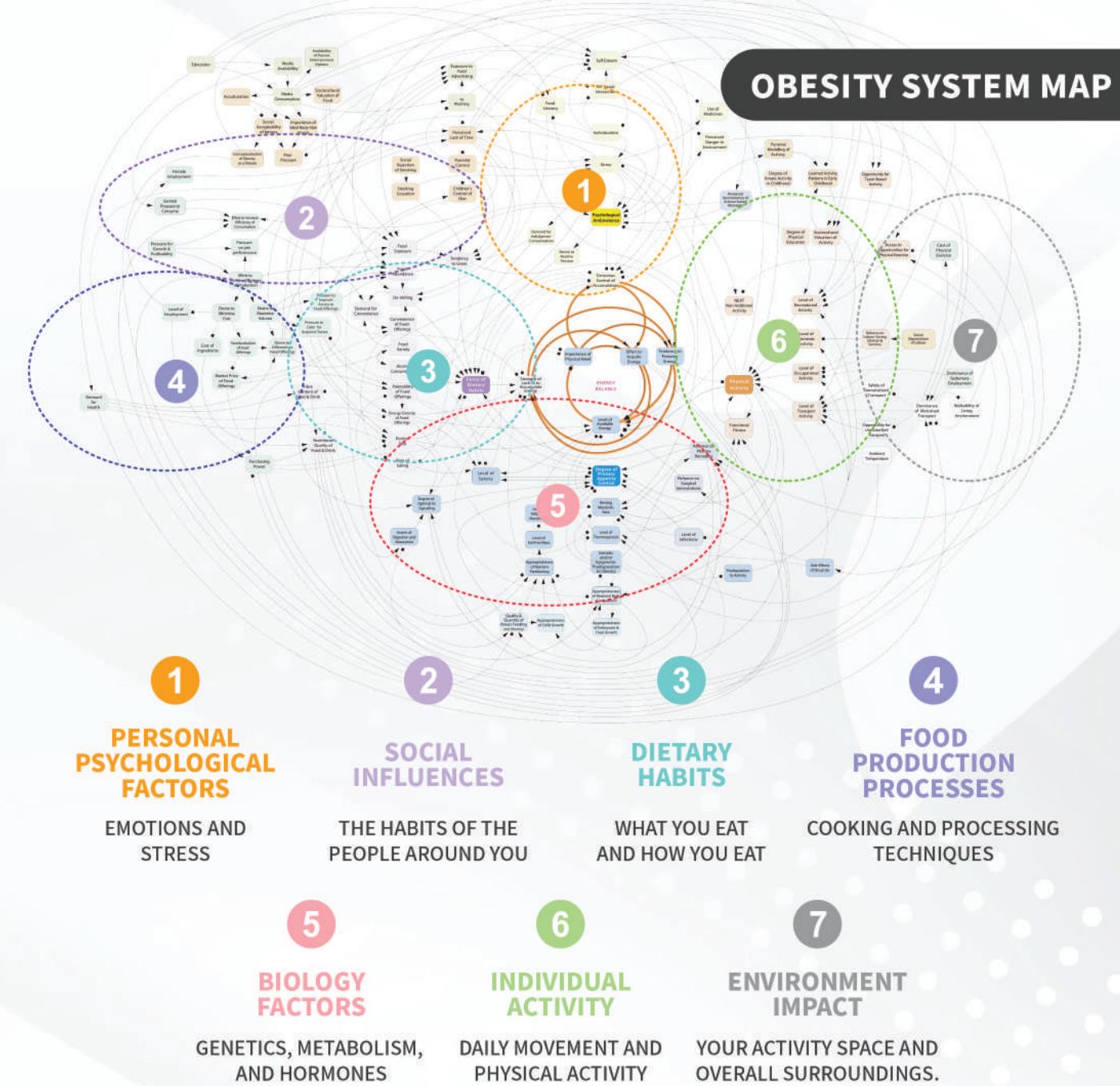
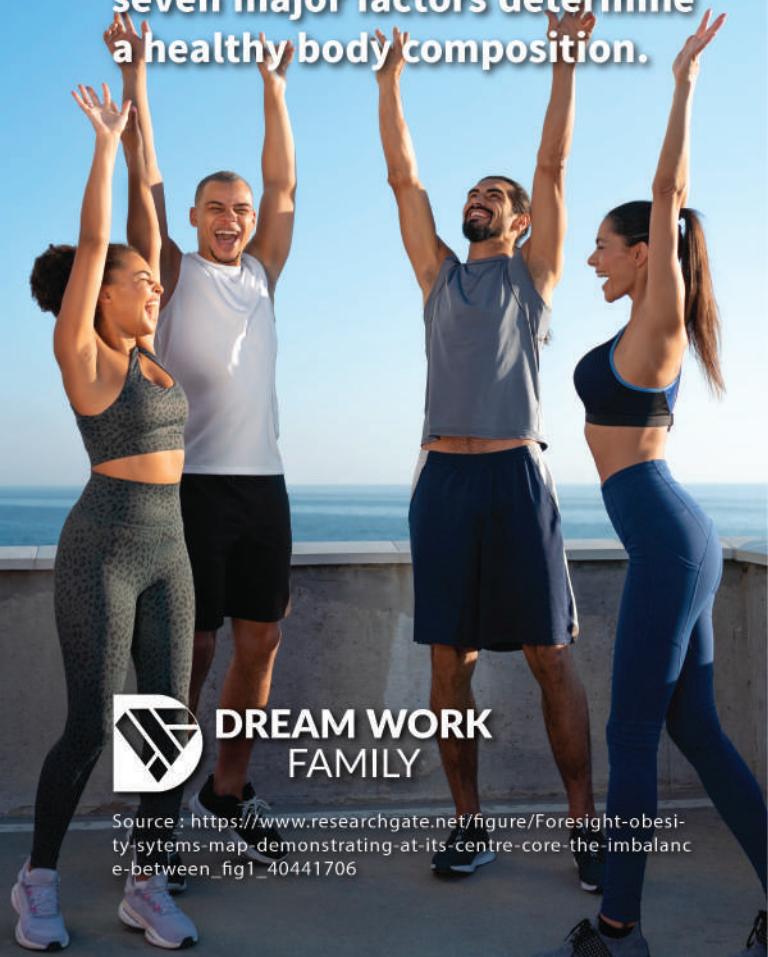


HEALTH COMMITMENT PLAN

Did you know?
Scientific studies indicate that
seven major factors determine
a healthy body composition.



FOR YOUR HEALTHY LIFESTYLE – WE PROVIDE 7 SOLUTIONS FOR YOU

Health Commitment Plan (HCP) is a customised programme for you to achieve your health targets based on a one-to-one personalised coaching. As you commit to your health in this programme, we assist you towards a healthy active lifestyle through 80% nutrition + 20% exercise and 100% positive mindset.



DREAM WORK
FAMILY



BALANCED NUTRITION

Scientific supplementation for better physical performance



PERSONAL COACHING

One-on-one guidance for precise and effective results



GROUP ACTIVITIES

Community support that keeps you motivated



EDUCATION SYSTEM

Learn essential nutrition and lifestyle knowledge



FOLLOW-UP SYSTEM

Track your progress and see real changes



DAILY EXERCISE

Consistent movement to boost metabolism



MEGA CUSTOMER DAY & POINT REWARD PROGRAM

Achieve your goals and earn exciting rewards



1. BALANCED NUTRITION

Scientific supplementation for better physical performance



DREAM WORK
FAMILY

THE VALUE OF PJS

UPDATED DATE : 01.12.2025.

TERMS & CONDITIONS APPLIED.

ALL RIGHTS ARE RESERVED BY DREAM WORK FAMILY.

i. Personalized Balanced Nutrition Meals





2. PERSONAL COACHING

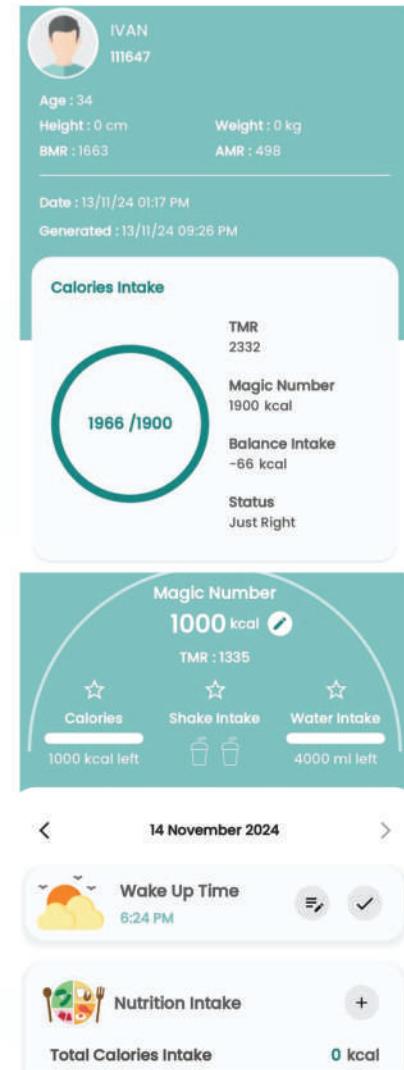
One-on-one guidance for precise and effective results

DREAM WORK FAMILY

THE VALUE OF PJS

UPDATED DATE : 01.12.2025.
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i. Personal Coach – One-on-One Guidance ii. Personalized Dietary Adjustments & Customized Meal/Nutrition Plans



健康体重管理要訣 HEALTHY WLP MAJOR TIPS

神奇数字 Magic Number 均衡营养 Balanced Nutrition 喝足够的水 Drink Enough Water

过去饮食习惯 EATING LIFESTYLE	
早餐 Breakfast	AM Content
上午茶 Teatime	AM Content
午餐 Lunch	M Content
下午茶 Teatime	PM Content
晚餐 Dinner	PM Content
宵夜 Supper	M Content
神奇数字 Magic Number =	Kcal
总 共 Total	Kcal
抽烟习惯 Smoking	<input type="checkbox"/> 是 Yes <input type="checkbox"/> 否 No <input type="checkbox"/> 不知道

DAY 2 建议餐单 SUGGESTED MEAL PLAN

早餐 Breakfast		午餐 Lunch		晚餐 Dinner		神奇数字 Magic Number =
奶昔 Shake +		饭 Rice + 菜 Veg + 鱼肉 Fish / 鸡肉 Chicken				Kcal
						每日所需蛋白質 Daily Protein Needed
茶点 Teatime	PM	奶昔 Shake +				
晚餐 Dinner	PM	饭 Rice + 菜 Veg + 鱼肉 Fish / 鸡肉 Chicken OR 奶昔 Shake				Kcal
						每日所需蛋白質 Daily Protein Needed

注意事项 Precaution
1. 每天喝到 3 - 4 升的水 Drink up to 3 - 4 litre water everyday
2. 避免红肉 (猪肉, 牛肉, 羊肉, 鸭肉) Avoid red meat (pork, beef, lamb, duck) 总共 Total

备注 Notes: Fist - Rice + Hand - Veg + Palm - Meat

个人化营养计划 PERSONALIZED NUTRITION PROGRAM

姓名 Name :	教练 Coach :		
身高 Height :	cm		
目前体重 Current Weight :	KG		
目标体重 Target Weight :	KG		
减 Lose /			
增 Gain /			
3个月 3 Months → 6个月 6 Months			
月份 Month	点数 VP	总数 Total	
芦荟汁 Aloe Vera Concentrate	24.95		
NW 夜宁新 NW Formula	48.75		
瓜拿纳豆蔻泡茶 Guarana Powder Plus	14.75		
配方1 Formula 1	23.95		
优质蛋白粉 Formula 3 Protein	17.95		
综合性纤维粉 Mixed Fibres	22.95		
草本代谢茶 100g Teamix 100g	34.95		
美妍饮 Collagen Plus Powder	43.55		
深海鱼油胶囊 Omega 3 Fish Oil	25.75		
复合优质钙片 Calcium Plus	10.25		
香蒜片 Garlic Plus	12.95		
细胞活化素 Celacitivo	20.50		
全面控制 TC Formula	32.95		
综合维他命&矿物质 Multivitamin Complex	19.95		
配方1运动营养粉 F1 Sport	28.00		
CR7 动能饮 CR7 Drive	24.90		
鲜活能量饮 RS Pro	68.45		
巧克力蛋白质棒 Protein Bar	7.70		





3. GROUP ACTIVITIES

Community support that keeps you motivated



THE VALUE OF PJS

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i. Health Coach Support Group

- **Online Community:** One-on-one coach support group, group support such as “marathon-style” accountability.
- **Offline Support:** Nutrition Club community encouragement and support through club activities.

The collage illustrates the Health Coach Support Group. It features a Facebook group post from 'PJS FAMILY' with a photo of a meal, a mobile app interface for a 'NOVEMBER CRUISE' challenge showing a 'MARATHON' section with cartoon avatars and a 'MARATHON DAY LEADER' section for 'PeiQi', and three photographs of offline group activities: a man speaking to a seated audience, a large group of people posing together indoors, and a group of people smiling and posing for a photo.



**TOPIC
1-30**

4. EDUCATION SYSTEM

Learn essential nutrition and lifestyle knowledge

**DREAM WORK
FAMILY**

THE VALUE OF PJS

UPDATED DATE : 01.12.2025.
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i. Nutrition Classroom – 30 health topics

ii. 90-Day Health Tips

Disclaimer: PJS – For the first month, only the 30 topics are included.





5. FOLLOW-UP SYSTEM

Track your progress and see real changes

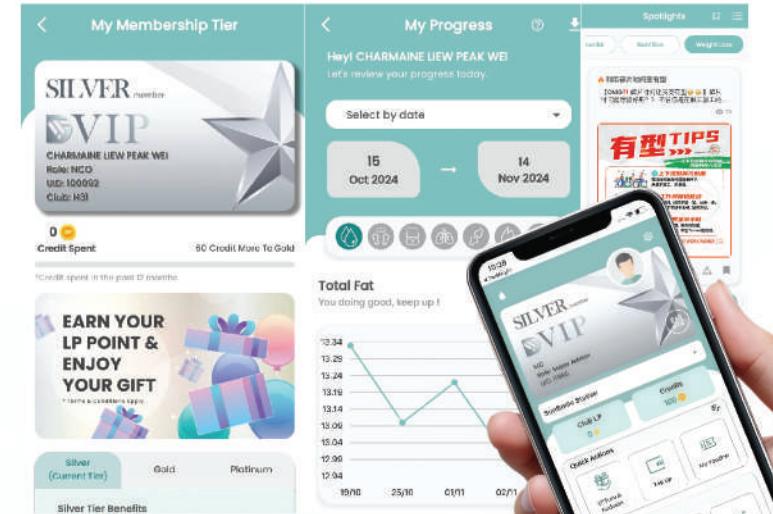
 DREAM WORK FAMILY

THE VALUE OF PJS

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i. DDWF Exclusive Personal Coach Software – 1-Month VIP Feature Activation

- ◆ Daily Intake
- ◆ Daily Measurement
- ◆ My Progress
- ◆ Testimonial
- ◆ Weight Loss Tips
- ◆ Nutrition Info
- ◆ Health Topics
- ◆ Recipes
- ◆ Exercise Videos
- ◆ Promotion
- ◆ AI Calorie Calculator



ii. Create one personal before-after progress photo each month





6. DAILY EXERCISE

Consistent movement to boost metabolism



THE VALUE OF PJS

UPDATED DATE : 01.12.2025.
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- i. App includes a rich library of workout videos
- ii. Regular Workout Activities





7. MEGA CUSTOMER DAY & POINT REWARD

Achieve your goals and earn exciting rewards

 DREAM WORK
FAMILY

THE VALUE OF PJS

UPDATED DATE : 01.12.2025.
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- i. **Mega Customer Day is held every month**
- ii. **Monthly Fat Loss Bonus**— Lose 2kg to enter a RM1528 cash draw
- iii. **Health Commitment Program** — Participation Certificate





7. MEGA CUSTOMER DAY & POINT REWARD

Achieve your goals and earn exciting rewards

**DREAM WORK
FAMILY**

THE VALUE OF PJS

UPDATED DATE : 01.12.2025.
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i. Customer Points Reward Program ii. Healthy Body Award – Specially designed featured photo frame

【赢得积分方式 WAYS TO EARN POINTS】

每日消费 Daily Order (Silver 10p; Gold 20p; Platinum 40p)	俱乐部小帮手 NC Assistant	每日达成 3颗星 Daily Intake 3 Star	拍照打卡 Photo Upload	社交好评 Google Review	参加俱乐部活动 NC Event	参加Mega活动 Mega Event (Bring 1 customer extra 300p)
10/20/40 points	20 points	20 points	30 points	50 points	200 points	300 points

邀请朋友了解指数 Invite friends to learn about their index	大型活动 Big Events (Spectacular, 香港...)	邀请朋友开始5天卡 Invite a friend to start a 5-day card	俱乐部续卡(30天卡) NC Card Renewal (30-day card)
100 points	500 points	500 points	1,000 points

【超值礼品 VALUE REWARDS】

振杯 Shaker 1,000 points	Herbalife 外在营养体验券 Outer Nutrition Experience Voucher 3,500 points	水瓶 Water Bottle 1L-4,000 points 2L-5,000 points	OKyo USB 搅拌机 USB Blender 5,500 points	SHARP 搅拌机 Blender 12,000 points

RM5 俱乐部礼券 NC Voucher 500 points	Herbalife 产品 Products 1PV = 500point	吸管刷 Straw Cleaner 800 points	营养早餐 Complimentary Breakfast 2,000 points
Home king 蒸蛋器 Egg Steamer 3,000 points	340ml Montigo 咖啡杯 Coffee Cup 5,000 points	Yoobao 充电宝 Power Bank 10K mAh 8,000 points	F1 奶昔 F1 Shake 12,000 points
UNIQLO 礼券 Uniqlo Voucher RM100 12,000 points	24" OKYO 行李箱 Luggage 13,000 points	Tanita 体重机 Tanita Scale BC-718S 15,000 points	PHILIPS 空气炸锅 Air Fryer 25,000 points

DWF新春限量礼物 DWF CNY Limited Edition Gifts	DWF限量红包封 Exclusive Red Packets x 3 Packets 500 points	DWF特制麻将 DWF Special Edition Mahjong 18,000 points



HEALTH COMMITMENT PLAN

TERMS AND CONDITIONS :



- Take 2 shakes a day and follow your personal diet plan with the magic number**
- Record your daily meal plan** accurately (Telegram Support Group & DWF App), and **closely contact your coach** for adjustments
- Drink adequate water and teamix** (no holding back urine), and carry a water bottle to practice drinking water
- Daily weight record** (Take your measurements at the nutrition club at least once a week)
- Participate in customer day to promote **healthy thinking**: Health Awareness, Mega Customer Day, Nc VIP Day
- Follow your personalised health commitment plan Focus on: **Weight loss and maintenance period**.
- Take a photo** (front view, side view) before you begin this programme
- Don't give up** once you start

MAKE LIFE BETTER

IT STARTS WITH A SMARTER CHOICE

By simply saving a portion of your daily expenses and redirecting it into the Health Commitment Program, you're choosing a lifetime of better body shape and long-term health. A smarter choice means a lighter body, a calmer mind, and waking up each day with the energy to face life fully. Taking care of yourself is not a luxury — it's a gentler, brighter, and smoother way of living.



DREAM WORK
FAMILY

Breakfast
— RM10/meal



Dinner
— RM15/meal



Big meals
— RM50/week



Snacks / Drinks / Sweets / Alcohol / Cigarettes — RM25/week



* Other common spending on health or weight management: Fiber supplements, other health supplements, fat-removal treatments, slimming therapies, shaping undergarments, weight-loss medications, slimming devices.

HEALTH COMMITMENT PLAN

EXCEPTIONAL VALUE THAT DELIVERS RETURNS BEYOND WHAT YOU PAY.



UPDATED DATE: 01/12/2025
TERMS & CONDITIONS APPLIED.
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BALANCED NUTRITION

Personalized
Balanced Nutrition
Meals



PERSONAL COACHING

- Personal Coach — One-on-One Guidance
- Personalized Dietary Adjustments & Customized Meal/Nutrition Plans



GROUP ACTIVITIES

Health Coach Support Group (Online community & offline support)



EDUCATION SYSTEM

- Nutrition Classroom — 30 health topics
- 90-Day Health



FOLLOW-UP SYSTEM

- DWF Exclusive Software — 1-month subscription
- Create one personal before-after progress photo each month



DAILY EXERCISE

- App includes a rich library of workout videos
- Regular Workout Activities



MEGA CUSTOMER DAY & POINT REWARD PROGRAM

- 1 Complimentary MEGA Customer Day Entry Ticket
- Monthly Fat-Loss Bonus — Lose 2kg to enter a RM1528 cash draw
- Health Commitment Program — Participation Certificate
- Customer Points Reward Program
- Healthy Body Award — Specially designed featured photo frame

VALUE RM 4888



HEALTH COMMITMENT PLAN (DINE IN PROGRAM)



NC 30 CREDITS | FORMULA 1 x 1 | 6,000 LOYALTY POINTS
RM 848



NC 30 CREDITS | FORMULA 1 x 1
F3 PROTEIN X 1 | 6,000 LOYALTY POINTS
RM 1018



NC 30 CREDITS | FORMULA 1 x 1 | F3 PROTEIN X 1
FIBRE X 1 | 10,000 LOYALTY POINTS
RM 1218

HEALTH COMMITMENT PLAN (DINE OUT PROGRAM)



ONE REDEMPTION PER CUSTOMER

LIMITED EDITION DWF BAG + SPOON + MEGA CUSTOMER DAY TICKET X1

健康承诺计划

TOPIC
1-30



FORMULA 1 x 2 | TEAMIX 50G X 1
ALOE X 1 | 6,000 LOYALTY POINTS
RM 848



FORMULA 1 x 2 | TEAMIX 50G x 1
ALOE X 1 | F3 PROTEIN X 1 | 6,000 LOYALTY POINTS
RM 1018



FORMULA 1 x 2 | TEAMIX 50G x 1 | ALOE X 1
F3 PROTEIN X 1 | FIBRE X 1 | 10,000 LOYALTY POINTS
RM 1218

PERSONALIZED BALANCED NUTRITION MEAL



HERBAL ALOE CONCENTRATE MIX



- Intestinal Health
- Support Healthy Digestion
- Soothes The Stomach
- Relieves Occasional Indigestion



NUTRITIOUS MIXED SOY PROTEIN DRINK



- Balance Nutrition
- Low Calories
- Durable Endurance
- Intestinal Health

F3 BLENDED SOY & WHEY PROTEIN POWDER



- Build muscle mass
- Fat-free protein
- Durable Endurance
- Can be mixed with any beverage

TEA MIX LEMON & HIBISCUS



- High Antioxidant
- Burn Calories
- Natural Detox
- Energy Booster



MIXED FIBRES WITH INULIN POWDER DRINK



- Boosts gut movement
- Supports good bacteria growth
- Promotes regular bowel movements
- Lowers cholesterol & blood pressure



NW FORMULA



- Regulates blood circulation
- Enhances nutrient absorption & utilization
- Supports healthy immune function
- Antioxidant



GUARANA POWDER PLUS



- Reduces fatigue
- Boosts energy
- Antioxidant support
- Promotes brain cell development



DREAM WORK

FORMULA 1: SMOOTH CHOCOLATE | VANILLA CREAM | COOKIES CRUNCH | SUMMER BERRIES | CAFE LATTE | BANANA CREAM

ALOE: MANGO | ORIGINAL | MANDARIN



NUTRITION CLUB CUSTOMER POINTS REWARDS PROGRAM

【EASILY EARN POINTS AND REDEEM GIFTS】

必换好物推荐 Must-Redeem Items



摇杯
Shaker



Herbalife
外在营养体验券
Outer Nutrition
Experience Voucher
3,500 points



水瓶
Water Bottle
1L-4,000 points
2L-5,000 points



Okyo
USB 搅拌机
USB Blender
5,500 points



SHARP
搅拌机
Blender
12,000 points

热门好物推荐 Top Picks-Redeem Items



RM5
俱乐部礼券
NC Voucher
500 points



Herbalife
产品
Products
1PV = 500point



吸管刷
Straw
Cleaner
800 points



营养早餐
Complimentary
Breakfast
2,000 points



Home king
蒸蛋器
Egg Steamer
3,000 points



340ml
Montigo咖啡杯
Coffee Cup
5,000 points



Yoobao充电宝
Power Bank
10K mAh
8,000 points



F1 奶昔
F1 Shake
12,000 points



Uniqlo礼券
Uniqlo Voucher
- RM100
12,000 points



24" OKYO
行李箱
Luggage
13,000 points



Tanita体重机
Tanita Scale
BC-718S
15,000 points



PHILIPS
空气炸锅
Air Fryer
25,000 points

DEC' 25-FEB' 26

DWF新春限量礼物

CNY LIMITED EDITION GIFTS

DWF限量红包封

Exclusive Red Packets
x 3 Packets

500 points

DWF特制麻将

DWF Special
Edition Mahjong

18,000 points



• PERSONALIZED SOLUTIONS:

ADD ON

TANITA Scale

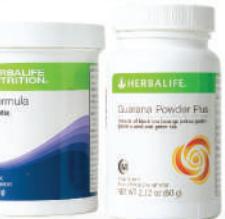
Retail Price: RM 238.00
Promotion Price: RM 149.00



Power Drink

Retail Price: RM 544.00

*Requires the use of the Herbal Aloe Concentrate Mix included in the package.



Flow+

Each promo pack included:
1 x Omega 3 Fish Oil
1 x Niteworks
1 x Garlic Plus
1 x Mesh Bag - Red
1 x Info Card

Retail Price: RM 728.20



10 CREDITS

Retail Price:
~~RM 230.00~~

Promotion Price:
RM 198.00



DefenZ+

Each promo pack included:
3 x Immulift
1 x Multivitamins & Minerals
1 x Turmerix 336mg
1 x Mesh Bag - Purple
1 x Info Card

Retail Price: RM 581.57



Digestive +

Each promo pack included:
1 x Mixed Fibres With Inulin Powder Drink (Original / Apple Flavour)
1 x Herbal Aloe Concentrate Mix - Mandarin Flavour
1 x Mesh Bag - Green
1 x Info Card

Retail Price: RM 425.20



Flexi+

Each promo pack included:
1 x Turmerix 336mg
1 x Omega 3 Fish Oil
1 x Collagen Plus Powder
1 x Calcium Plus
1 x Mesh Bag - Yellow
1 x Info Card

Retail Price: RM 854.57



Glow+

Each promo pack included:
1 x Collagen Plus Powder
1 x Celactiv
2 x Herbalife Moisturing Vitamin Mask
1 x Mesh Bag - Pink
1 x Info Card

Retail Price: RM 690.10

