

MEDIFAST INC
Form 3
June 26, 2015

FORM 3 UNITED STATES SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549

OMB APPROVAL

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INITIAL STATEMENT OF BENEFICIAL OWNERSHIP OF SECURITIES

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934,
Section 17(a) of the Public Utility Holding Company Act of 1935 or Section
30(h) of the Investment Company Act of 1940

(Print or Type Responses)

1. Name and Address of Reporting Person *
Welling Glenn W.
(Last) (First) (Middle)

2. Date of Event Requiring Statement
(Month/Day/Year)
06/17/2015

3. Issuer Name and Ticker or Trading Symbol
MEDIFAST INC [MED]

4. Relationship of Reporting Person(s) to Issuer

5. If Amendment, Date Original Filed(Month/Day/Year)

C/O ENGAGED CAPITAL,
LLC, 610 NEWPORT
CENTER DR. SUITE 250
(Street)

(Check all applicable)

Director 10% Owner
 Officer Other
(give title below) (specify below)

NEWPORT
BEACH, CA 92660
(City) (State) (Zip)

6. Individual or Joint/Group Filing(Check Applicable Line)
 Form filed by One Reporting Person
 Form filed by More than One Reporting Person

Table I - Non-Derivative Securities Beneficially Owned

1. Title of Security (Instr. 4)	2. Amount of Securities Beneficially Owned (Instr. 4)	3. Ownership Form: Direct (D) or Indirect (I) (Instr. 5)	4. Nature of Indirect Beneficial Ownership (Instr. 5)
Common Stock	214,645	I	By: Engaged Capital Master Feeder I, LP ⁽¹⁾
Common Stock	421,621	I	By: Engaged Capital Master Feeder II, LP ⁽²⁾

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

SEC 1473 (7-02)

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Table II - Derivative Securities Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

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