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MEDIFAST INC Form 8-K August 01, 2013		
UNITED STATES		
SECURITIES AND EXCHANGE COMM	ISSION	
Washington, D.C. 20549		
FORM 8-K		
CURRENT REPORT		
Pursuant to Section 13 OR 15(d) of		
The Securities Exchange Act of 1934		
Date of Report (Date of earliest event reporte	d) July 31, 2013	
Medifast, Inc.		
(Exact name of registrant as specified in its cl	harter)	
DE (State or other jurisdiction of incorporation)	001-31573 (Commission File Number)	13-3714405 (IRS Employer Identification No.)
11445 Cronhill Drive, Owings Mills, Mary (Address of principal executive offices)	land 21117 (Zip Code)	
Registrant's telephone number, including area	a code: 410-581-8042	
(Former name or former address, if changed s	since last report)	

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Check the appropriate box below if the Form 8-K filir	g is intended to simultaneous	sly satisfy the filing	g obligation of
the registrant under any of the following provisions:			

- "Written communications pursuant to Rule 425 under the Securities Act (17 CFR 230.425)
- "Soliciting material pursuant to Rule 14a-12 under the Exchange Act (17 CFR 240.14a-12)
- "Pre-commencement communications pursuant to Rule 14d-2(b) under the Exchange Act (17 CFR 240.14d-2(b))
- "Pre-commencement communications pursuant to Rule 13e-4(c) under the Exchange Act (17 CFR 240.13e-4(c))

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Item 5.02(b) Departure of Directors or Certain Officers; Election of Directors; Appointment of Certain Officers; Compensatory Arrangements of Certain Officers

Effective July 31, 2013, due to health reasons, George J. Lavin, Jr., Esq. resigned as a Director of Medifast, Inc.

SIGNATURES

Pursuant to the requirements of the Securities Exchange Act of 1934, the Registrant has duly caused this report to be signed on its behalf by the undersigned hereunto duly authorized.

MEDIFAST, INC.

Dated: August 1, 2013

/s/ Timothy G.
Robinson
Timothy G. Robinson
Chief Financial Officer