| UNITED STATES SECURITIES AND EXCHANGE COMMISSION 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 reported) December 18, 2012 MEDIFAST, INC. (Exact name of registrant as specified in its charter) Delaware (State or other jurisdiction (Commission File Number) (IRS Employer Ident. No.) | MEDIFAST INC Form 8-K December 18, 2012 |
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| 33 4 4 5 4 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 | (State or other jurisdiction (Commission File Number) (IRS Employer |

(Address of principal executive offices) 21117
(Zip Code)

Registrant's telephone number, including area code (410)-581-8042

Check the appropriate box below if the Form 8-K filing is intended to simultaneously satisfy the filing 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))

Item 7.01

Regulation FD Disclosure

On December 18, 2012, Medifast, Inc. (the "Company") conducted a presentation for analysts at its Owings Mills, Maryland offices. The presentation was broadcast live over the Internet hosted at the Investor Relations section of the Company's website at www.choosemedifast.com, and will be archived online through January 1, 2013.

The slides used during the presentation are furnished as Exhibit 99.1 to this Current Report on Form 8-K.

The information in this report, including the presentation slides furnished as Exhibit 99.1 hereto, shall not be deemed to be "filed" for purposes of Section 18 of the Securities and Exchange Act of 1934, as amended (the "exchange Act"), or otherwise subject to the liabilities of that Section, and shall not be incorporated by reference into any filing under the Securities Act of 1933, as amended, or the Exchange Act, except as shall be expressly set forth by specific reference in such filing.

Item 9.01

Financial Statements and Exhibits

(d) Exhibits

Exhibit No. Description

99.1

Analyst Day Presentation.

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: December 18, 2012

/s/ Edward Powers Edward Powers Acting Chief Financial Officer