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

OMB APPRO	DVAL
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or Form 5 obligations may continue. See Instruction 1(b). Form 3 Holdings Reported

#### ANNUAL STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF **SECURITIES**

Form 4 Transactions Reported Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

1. Name and Address WILSON MARK	, .	2. Issuer Name and USANA HEAL?		~ .		5. Relationship of Reporting Person(s) to Issuer (Check all applicable)  Director 10% Owner					
(Last)	(First)	(Middle)	3. Statement for Issuer's Fiscal Year Ended (Month/Day/Year)					X Officer (give title below) Other (specify below)  E.V.P. of Customer Relations			
3838 WEST PAR	KWAY BLV	D	12/29/2007								
	(Street)		4. If Amendment, Date Original Filed(Month/Day/Year)					6. Individual or Joint/Group Reporting (check applicable line)			
SALT LAKE CIT	Y, UT 84120						_X_Form Filed by One Reporting PersonForm Filed by More than One Reporting Person				
(City)	(State)	(Zip)	Table	e I - Non-Deriv	ative Sec	urities .	uired, Disposed of, or Beneficially Owned				
1.Title of Security		2. Transaction	2A. Deemed	3. Transaction	4. Securi	ities Acc	uired	5. Amount of Securities	6.	7. Nature	
(Instr. 3)		Date	Execution Date, if	Code				Beneficially Owned at end of	Ownership	of Indirect	
		(Month/Day/Year)	any	(Instr. 8)				Issuer's Fiscal Year	Form:	Beneficial	
			(Month/Day/Year)		(Instr. 3, 4 and 5)		)	(Instr. 3 and 4)	Direct (D)	Ownership	
									or Indirect	(Instr. 4)	
						(A) or			(I)		
					Amount	(D)	Price		(Instr. 4)		
Common Stock								960 (1)	I	401k	

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

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB control number.

SEC 2270 (9-02)

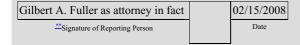
Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

	Conversion	Execution Date, if	Transaction	of		6. Date Exer and Expirati (Month/Day	on Date	Amou	int of	Derivative	-	Ownership	11. Nature of Indirect Beneficial
,	Price of	 (Month/Day/Year)		Secur		(Wollin Day	/	Secur	, ,	-		Derivative	
` ′	Derivative		` ′	Acqui	red			(Instr	. 3 and	` ′	Beneficially	Security:	(Instr. 4)
	Security			(A) or	•			4)			Owned at	Direct (D)	
				Dispo	sed						End of	or Indirect	
				of (D)	)						Issuer's	(I)	
				(Instr.	3,						Fiscal Year	(Instr. 4)	
				4, and	5)						(Instr. 4)		
									Amount				
						Date Exercisable	Expiration Date	Title	or Number				
				(A)	(D)				of Shares				

# **Reporting Owners**

Reporting Owner Name / Address	Relationships								
Reporting Owner Name / Address	Director	10% Owner	Officer	Other					
WILSON MARK H									
3838 WEST PARKWAY BLVD			E.V.P. of Customer Relations						
SALT LAKE CITY, UT 84120									

## **Signatures**



# **Explanation of Responses:**

- \* If the form is filed by more than one reporting person, see Instruction 4(b)(v).
- \*\* Intentional misstatements or omissions of facts constitute Federal Criminal Violations. See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).
- (1) Between December 31, 2006 and December 29, 2007, the reporting person acquired 26 shares of USANA common stock in transactions pursuant to the issuer's 401(k) plan.

Note: File three copies of this Form, one of which must be manually signed. If space provided is insufficient, see Instruction 6 for procedure.

Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.