FORM 4

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

OMB APPROVAL
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Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. *See* Instruction 1(b).

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

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

pe Response	S)															
1. Name and Address of Reporting Person * Foukas Joshua				2. Issuer Name and Ticker or Trading Symbol USANA HEALTH SCIENCES INC [USNA]						5.	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)					
(Middle) 3838 WEST PARKWAY BLVD.				3. Date of Earliest Transaction (Month/Day/Year) 02/11/2021							X Officer (give title below) Other (specify below) Chief Legal Officer					
(Street) SALT LAKE CITY 84120			4. If	4. If Amendment, Date Original Filed(Month/Day/Year)							6. Individual or Joint/Group Filing(Check Applicable Line) Form filed by One Reporting Person Form filed by More than One Reporting Person					
	(State)	(Zip)			Table	e I - Noi	ı-Der	ivative S	Securitie:	s Acq	quire	ed, Dispo	sed of, or I	Beneficially (Owned	
1.Title of Security (Instr. 3)		2. Transaction Date (Month/Day/Year)	Exec any	Execution Date, if	if Co	Code (Instr. 8)		4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)) E	5. Amount of Securities Beneficially Owned Following Reported Transaction(s)		6. Ownership Form:	Beneficial		
			(Mor			Code	V	Amoun	(A) or t (D)	Price		Instr. 3 a	nd 4)		Direct (D) (or Indirect (I) (Instr. 4)	Ownership (Instr. 4)
n Stock		02/11/2021				S		2,906	11)	\$ 95.0)2)			D	
											11 e i		meu lo res	spond unie	SS	
(Instr. 3) Price of Derivative		Table II		ative Secur		Acquire	ed, Di	orm dis	splays a of, or Be	curr nefici	rent ially	ly valid		rol numbe		
Conversion or Exercise Price of Derivative	3. Transaction Date (Month/Day/	n 3A. Deeme Execution I	(e.g.,) d Date, if	4. Transaction Code	5. Num of Den Sec	Acquire ants, op	ed, Di tions, 6. Da and I	orm dis	of, or Bentible secutible of Date	nefici urities 7. At Ur Se (Ir	rent ially s) Title mou nder ecuri	Owned e and ont of	OMB cont	9. Number of Derivative Securities Beneficially Owned	of 10. Owner Form of Deriva Securit	Ownershi y: (Instr. 4)
Conversion or Exercise Price of	Date	n 3A. Deeme Execution I Year) any	(e.g.,) d Date, if	4. Transaction Code	5. Num of Den Sec Acc (A) Dis of (Acquire ants, op amber rivative curities quired) or sposed	ed, Di tions, 6. Da and I	sposed of converting the Exercise Expiration	of, or Bentible secutible of Date	nefici urities 7. Ar Ur Se	rent ially s) Title mou nder ecuri	Owned e and ont of clying ities	8. Price of Derivative Security	9. Number of Derivative Securities Beneficially	of 10. Owner Form of Deriva Securit Direct or Indii	ship of Indirect Beneficia Ownershi (Instr. 4)
7	AKE CITY Security 1 Stock	Security (First) (First) (Street) AKE CITY 84120 (State) Security	AKE CITY 84120 (State) 2. Transaction Date (Month/Day/Year) 1 Stock 02/11/2021	Security Continue Continue	Joshua USANA HEA (Middle) 3. Date of Earlie 02/11/2021 (Street) AKE CITY 84120 (State) 2. Transaction Date (Month/Day/Year) (Month/Day/Year) 1 Stock USANA HEA 3. Date of Earlie 02/11/2021 4. If Amendment 2A. Deemed Execution Date, any (Month/Day/Year)	Joshua USANA HEALT (Middle) 3. Date of Earliest Tr (02/11/2021) (Street) AKE CITY 84120 (State) 2. Transaction Date (Month/Day/Year) (Month/Day/Year) 1. Stock USANA HEALT 3. Date of Earliest Tr (02/11/2021) 4. If Amendment, Date Execution Date, if any (Month/Day/Year)	JOSHUA USANA HEALTH SCI (Niddle) 3. Date of Earliest Transaction (02/11/2021) (Street) AKE CITY 84120 (State) 2. Transaction Date (Month/Day/Year) Code (Month/Day/Year) ASSOCIATION Security 2. Transaction Date (Month/Day/Year) Code (Instr. 8) Code 1 Stock 02/11/2021 S Report on a separate line for each class of securities beneficially owned direct	USANA HEALTH SCIENCE (b) (First) (Middle) (EST PARKWAY BLVD. (Street) AKE CITY 84120 (State) (State) (State) (Zip) Table I - Non-Der Security 2. Transaction Date (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) ASTOCK (Code (Instr. 8) Code V Pers	USANA HEALTH SCIENCES IN (Middle) 3. Date of Earliest Transaction (Month/Day 02/11/2021 (Street) 4. If Amendment, Date Original Filed(Month AKE CITY 84120 (State) (Zip) Table I - Non-Derivative Security 2. Transaction Date (Month/Day/Year) (Month/Day/Year) 2. Transaction Date (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) A Security 2. Transaction Date (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) Code V Amount A Stock Report on a separate line for each class of securities beneficially owned directly or indirectly Persons wh	USANA HEALTH SCIENCES INC [USN 3. Date of Earliest Transaction (Month/Day/Year) 02/11/2021 (Street) AKE CITY 84120 (State) (State) (State) (Zip) (Zip) Table I - Non-Derivative Securities Execution Date, if any (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) ASSOCIATION DATE (Instr. 8) (A) or Disposed (Instr. 8) (A) or Code (Instr. 3, 4 and 5) (A) or Code (Instr. 3, 4 and 5) (A) or (D) ASSOCIATION DATE (State) (A) OR CODE (Instr. 3) (A) OR CODE (Instr. 3) (B) Persons who response to the control of the con	USANA HEALTH SCIENCES INC [USNA] (Street) (Street) AKE CITY 84120 (State) 2. Transaction Date (Month/Day/Year) (Month/Day/Year) 2. Transaction Date (Instr. 8) (Month/Day/Year) 2. Transaction Date (A) or Disposed of (Instr. 8) (Month/Day/Year) A Securities Acquired (A) or Disposed of (Instr. 8) (Month/Day/Year) A Stock 02/11/2021 S 2,906 D \$ 95.6	USANA HEALTH SCIENCES INC [USNA] 3. Date of Earliest Transaction (Month/Day/Year) 02/11/2021 4. If Amendment, Date Original Filed(Month/Day/Year) (Street) 4. If Amendment, Date Original Filed(Month/Day/Year) (State) (Zip) Table I - Non-Derivative Securities Acquired Executity 2. Transaction Date (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) 2. Transaction Date (Month/Day/Year) (Month/Day/Year) (A) or Disposed of (D) (Instr. 3, 4 and 5) (Month/Day/Year) Today (A) or Disposed of (D) (Instr. 8) (B) Persons who respond to the pe	USANA HEALTH SCIENCES INC [USNA] Direct (Middle) 3. Date of Earliest Transaction (Month/Day/Year) (Street) AKE CITY 84120 (State) (Zip) Table I - Non-Derivative Securities Acquired, Disposed of (D) (Instr. 8) (Instr. 8) (Instr. 3, 4 and 5) (Month/Day/Year) (Month/Day/Year) A Stock (Month/Day/Year) (State) (Zip) Table I - Non-Derivative Securities Acquired (A) or Disposed of (D) (Instr. 8) (Instr. 8) (Instr. 3, 4 and 5) (Instr. 3 a (A) or Disposed of (Instr. 3 a (Instr. 3) (A) or Disposed of (Instr. 3 a (Instr. 3) (A) or Disposed of (Instr. 3 a (Instr. 3) (A) or Disposed of (Instr. 3 a (Instr. 3) (Instr. 3)	USANA HEALTH SCIENCES INC [USNA] (Che Director X Officer (give title belefication (Month/Day/Year)) (Street) AKE CITY 84120 (State) (State) (State) (State) (State) (Zip) (Zip	USANA HEALTH SCIENCES INC [USNA] Objector Objecto	USANA HEALTH SCIENCES INC [USNA] 3. Date of Earliest Transaction (Month/Day/Year) O2/11/2021 4. If Amendment, Date Original Filed(Month/Day/Year) OSECURITY 84120 Table 1 - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned Execution Date (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) OSECURITY SECURITY

Reporting Owners

	Relationships						
Reporting Owner Name / Address	Director	10% Owner	Officer	Other			
Foukas Joshua 3838 WEST PARKWAY BLVD. SALT LAKE CITY 84120			Chief Legal Officer				

Signatures

Joshua Foukas	02/16/2021
**Signature of Reporting Person	Date

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).

Note: File three copies of this Form, one of which must be manually signed. If space 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.