

Macuga Daniel A.
Form 3
December 21, 2011

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 *		2. Date of Event Requiring Statement	3. Issuer Name and Ticker or Trading Symbol	
Â Macuga Daniel A.		(Month/Day/Year)	USANA HEALTH SCIENCES INC [USNA]	
(Last)	(First)	(Middle)	12/14/2011	
3838 WEST PARKWAY BLVD.			4. Relationship of Reporting Person(s) to Issuer	5. If Amendment, Date Original Filed(Month/Day/Year)
(Street)			(Check all applicable)	
SALT LAKE CITY,Â UTÂ 84120			<input type="checkbox"/> Director	<input type="checkbox"/> 10% Owner
(City)	(State)	(Zip)	<input checked="" type="checkbox"/> Officer	<input type="checkbox"/> Other
			(give title below)	(specify below)
			Chief Communications Officer	
				6. Individual or Joint/Group Filing(Check Applicable Line)
				<input checked="" type="checkbox"/> Form filed by One Reporting Person
				<input type="checkbox"/> 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	175 ⁽¹⁾	I	401(K)

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly. SEC 1473 (7-02)

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.

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

1. Title of Derivative Security (Instr. 4)	2. Date Exercisable and Expiration Date (Month/Day/Year)	3. Title and Amount of Securities Underlying Derivative Security (Instr. 4)	4. Conversion or Exercise Price of Derivative Security	5. Ownership Form of Derivative Security: Direct (D) or Indirect	6. Nature of Indirect Beneficial Ownership (Instr. 5)
	Date Exercisable	Expiration Date	Title	Amount or Number of	

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				Shares		(I) (Instr. 5)	
Stock-Settled Stock Appreciation Rights	02/19/2008 ⁽²⁾	08/19/2012	Common Stock	25,000	\$ 60.7	D	Â
Stock-Settled Stock Appreciation Rights	04/19/2008 ⁽²⁾	10/19/2012	Common Stock	16,000	\$ 40.59	D	Â
Stock-Settled Stock Appreciation Rights	07/21/2009 ⁽²⁾	01/21/2014	Common Stock	43,200	\$ 26.06	D	Â
Stock-Settled Stock Appreciation Rights	04/27/2014 ⁽³⁾	10/27/2015	Common Stock	25,250	\$ 35.47	D	Â

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
Macuga Daniel A. 3838 WEST PARKWAY BLVD. SALT LAKE CITY, UT 84120	Â	Â	Â Chief Communications Officer	Â

Signatures

Daniel A. Macuga
12/21/2011

**Signature of Reporting Person
Date

Explanation of Responses:

- * If the form is filed by more than one reporting person, *see* Instruction 5(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) Shares held in the filer's 401(k) as of December 20, 2011.
- (2) Stock-Settled Stock Appreciation Rights granted vest at 20% per year for five years, commencing on the first anniversary of the grant date.
- (3) Stock-Settled Stock Appreciation Rights vest 50% on the fourth anniversary of the grant date and 50% on the fifth anniversary of the grant date.

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.