



WEIGHT LOSS. TAKE IT OFF KEEP IT OFF

This questionnaire is your first step to lose weight: Becoming aware of your process and your relationship to your body.

First step being aware and honest with yourself

Answer these questions as honestly as you can

- How much do you have to lose?
- Over what period of time have you gained this weight?
- While you were gaining these extra pounds, what were you thinking?
- How did you gain these extra pounds?
- How is it limiting you?
- Why did you want to gain weight in the past?
- Why do you want to lose it today?
- What has changed today that now you want to reverse your weight gain?
- How do you deal with stress?
- Do you binge?
- What do you binge on?
- Describe your binges
- Do you overeat? What foods do you overeat on?
- Do you eat secretly?
- Do you lose control with some foods?
- Have you tried different diets? Which ones?
- Do you eat white sugar?
- Do you eat cakes and pastries?
- Pasta and bread?
- Meat?

- Coke or other soft drinks? What do you drink?
- Do you eat at RESTAURANTS? Which ones to you choose, how often?
- Describe your eating habits

Please write a few words about the place taken in your life by the following

- Pleasure
- Happiness
- Fear
- Anger
- Loneliness
- Abuse and trauma

We offer a 21 Day Residential Weight Loss Program. Keep your answers to submit as part of your treatment and program assessment if you decide to reserve a weight loss program.

We also offer a 10 Day Raw Detox to help you kick start the weight loss.

Questions?

Call us at 808-933-4400. Ask about a free 5 min consultation

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