

Weight Loss Questionnaire

1) What is your current weight?

2)

a) What is your target weight?

b) By when would you like to achieve your target weight?

3) How long have you been overweight?

4)

a) Do you binge eat?

b) If yes, what type of foods?

c) What do you associate with the binge eating experience?

5) Do you exercise regularly?

6) If you answered yes to question 5, explain the type of exercise you do and how regularly.

7)

a) If you answered no to question 5, have you ever participated in regular exercise?

b) If you once exercised and no longer do, when and why did you stop?

8) What other weight loss programmes have you tried?

9) Explain the degree of success you have had with the weight loss systems described above?

10) What are your eating triggers, i.e. people and situations that create an instant desire for you to overeat?

11) How committed are you to being your ideal weight?

12) How is this time different than other times, when you set out to lose weight?

13) These sessions are for people who are committed to reaching their ideal weight. Please explain your level of commitment.

Commitment

By signing this form, I am making a commitment to change my lifestyle and lose weight. This decision is purely my own decision. I confirm I have not been coerced by _____ or any of their representatives into making the necessary life style changes for me to reach my ideal weight.

Agreement

I '_____' understand that I am taking part in weight loss sessions voluntarily, I have not been coerced in anyway and I am fully committed to achieving my goal.

Name _____

Signed _____

Date _____