

BEFORE YOUR APPOINTMENT

Tick when done

Weigh yourself:

_____ Stones/Pounds OR _____ Kilos

Inform all family and friends that you intend to lose weight and anyone who may support you or give you a hard time.

WEIGHT LOSS INFORMATION

List your 3 main reasons for wanting to lose weight giving as many details as possible.

Reason 1:

Reason 2:

Reason 3:

On a scale of 1-10 what is your commitment to changing your eating habits for life? (One being "I have no commitment and want someone to wave a magic wand and do it for me", and ten is "I will do whatever it takes.")

Commitment before appointment:

Commitment after appointment:

How much weight do you want to lose?

And what is your target weight?

Have you been on any diets where you lost weight for more than a year?

If so, why did you put the weight back on?

What other diet methods have you tried?

What are your weak moments? (eg/ watching TV, preparing tea for the children).

What eating habits have caused you to put on weight?

What foods do you binge or comfort eat on, or is there any food you would like to have more control over?

List any foods that you find disgusting and why.

Is anyone else in your household overweight?

Do you take any regular exercise or are you active in any way?

Is there anything happening in the next few months which might disrupt your commitment to eating healthily?

What resources do you have to help you keep to a change in eating habits?
(eg/ supportive partner, gym membership).

What will it be like when you reach your target weight? (Describe what you will see, hear and feel).