

15) Has a physician warned you of a health issue due to your weight?

16) Who else will benefit by you managing your weight?

17) Please list three things you really don't like to do so you procrastinate doing them.
For example, taxes, cleaning the toilet, changing kitty litter, etc....

18) List three goals you have achieved or accomplishments you feel good about. It does not matter how long ago how big or small the goal or accomplishment.

19) List some of your higher values. For example: honesty, service, family, freedom, etc...

20) List some healthy habits you already have and want to do more of?