



Doc Ann's Coaching Practice®
Prescription for success

Weight Loss - 20 Questions:

- 1) Are you overweight? Check BMI. (You can do this online at www.nhlbisupport.com/bmi)
- 2) What was the first year you were overweight? How old were you?
- 3) Where you having any stressors in your life at that time? Describe.
- 4) When are you most likely to overeat?
- 5) What time of the day?
- 6) In what kind of situations?
- 7) What do you most like to eat?
- 8) Do you enjoy any types of exercise?

- 9) What do you most fear about being overweight?
- 10) What does eating *do* for you?
- 11) What are the negatives of being overweight?
- 12) What are the positives of being overweight?
- 13) What would you enjoy doing if you were normal weight that you do not enjoy presently?
- 14) What is the hardest thing about being overweight?
- 15) Have you ever tried to lose weight?
- 16) What did you do? What happened then?
- 17) What are your strengths as related to diet and exercise?
- 18) What are your weaknesses as related to diet and exercise?
- 19) When you are on a diet and exercise program, who around you is supportive?
Who is not supportive? How come?
- 20) How motivated are you now to lose weight? Do you have the time and energy for that now?