

FIT FAST SELF-DISCOVERY QUESTIONNAIRE

List any of your eating habits that are problematic.

List specific foods that you find challenging.

List any known emotional issues that have prompted compulsive eating.

What times of day are most problematic for you regarding food?

List what you are doing to achieve your weight loss, health, happiness, and fitness goals.

What else do you need to do to achieve your goals?

How much water do you typically drink per day?

Are you aware of the fat, calories, and nutrition in the food that you eat?

Do you eat compulsively (without thinking first)?

Have you been exercising regularly and meaningfully?

Do you practice self-hypnosis or use hypnosis CDs?

Do you meditate or pray regularly?

Do you get enough sleep?

Do you portion control your food?

How do you currently feel about the condition of your body?

Do you exercise regularly?

Is your exercise regimen conducive to creating your desired body?

Are you fully supportive of your own intentions?

Are you aware of any obstacles that stand in the way of your success in weight loss?

What else do you need to consider or change to succeed at weight loss and to create your health?

How will your life improve when you are physically and emotionally fit?