OUESTIONNAIRE

Name		
^o hone	Age	Height \
Email		
Weight Lo	SS	
Current Size	Goal Size	
Current Weight	Goal Weight	Age you were that size/weight
What type of diets ha	ve you tried in the past?	
To achieve your goal v	veight, what would you agree	e to as a committed timeframe to reach your target?
How long are you pre	pared to give yourself to see	e results?
	"Rebound Phenomena"? Ye	
		s been tried and tested and has resulted in many success stories. ing fat, and your health? (please circle) 1 2 3 4 5 6 7 8 9 10
Why?		
Wellness	h issues? Yes / No If ye	es, give details
Wellness		es, give details • Stress Yes / No
Wellness Do you have any heal	swings Yes / No	
Wellness Do you have any heal • Do you have mood	swings Yes / No No	• Stress Yes / No
Wellness Do you have any heat Do you have mood Headaches Yes / Low energy or tired	swings Yes / No No ness Yes / No	• Stress Yes / No
Wellness Do you have any heal Do you have mood Headaches Yes / Low energy or tired Rate your energy le	swings Yes / No No ness Yes / No vels - 1 is low, 10 is high (ple	 Stress Yes / No Allergies Yes / No
Wellness Do you have any heal Do you have mood Headaches Yes / Low energy or tired Rate your energy le Indigestion, Heartbu	swings Yes / No No ness Yes / No vels - 1 is low, 10 is high (ple ırn or reflux Yes / No	 Stress Yes / No Allergies Yes / No ease circle) 1 2 3 4 5 6 7 8 9 10
Wellness Do you have any heal Do you have mood Headaches Yes / Low energy or tired Rate your energy le Indigestion, Heartbu Have you ever used	swings Yes / No No ness Yes / No vels - 1 is low, 10 is high (ple urn or reflux Yes / No nutritional supplements bef	 Stress Yes / No Allergies Yes / No ease circle) 1 2 3 4 5 6 7 8 9 10 Do you have any aches and pains in your joints Yes / No
Wellness Do you have any heal Do you have mood Headaches Yes / Low energy or tired Rate your energy le Indigestion, Heartbu Have you ever used	swings Yes / No No ness Yes / No vels - 1 is low, 10 is high (ple urn or reflux Yes / No nutritional supplements bef ere is a big difference betwe	 Stress Yes / No Allergies Yes / No ease circle) 1 2 3 4 5 6 7 8 9 10 Do you have any aches and pains in your joints Yes / No fore Yes / No If yes, give details
Wellness Do you have any heal Do you have mood Headaches Yes / Low energy or tired Rate your energy le Indigestion, Heartbu Have you ever used Do you understand th Anti-Aging	swings Yes / No No ness Yes / No vels - 1 is low, 10 is high (ple urn or reflux Yes / No nutritional supplements bef ere is a big difference betwe	 Stress Yes / No Allergies Yes / No ease circle) 1 2 3 4 5 6 7 8 9 10 Do you have any aches and pains in your joints Yes / No fore Yes / No If yes, give details
Wellness Do you have any heal Do you have mood Headaches Yes / Low energy or tired Rate your energy le Indigestion, Heartbu Have you ever used Do you understand th Anti-Aging Areas of concern:	swings Yes / No No ness Yes / No vels - 1 is low, 10 is high (ple urn or reflux Yes / No I nutritional supplements bef ere is a big difference betwe g Eyes Marionette Lines	Stress Yes / No Allergies Yes / No ease circle) 1 2 3 4 5 6 7 8 9 10 Oo you have any aches and pains in your joints Yes / No fore Yes / No If yes, give details een "Real Food Supplements" and "synthesized supplements" Yes / No Forehead Neck Upper Chest Dry Skin Uneven Skin Tone
Wellness Do you have any heal Do you have mood Headaches Yes / Low energy or tired Rate your energy le Indigestion, Heartbu Have you ever used Do you understand th Anti-Aging Areas of concern: What brands have you	swings Yes / No No ness Yes / No vels - 1 is low, 10 is high (ple urn or reflux Yes / No nutritional supplements bef ere is a big difference betwe g Eyes Marionette Lines	Stress Yes / No Allergies Yes / No ease circle) 1 2 3 4 5 6 7 8 9 10 O you have any aches and pains in your joints Yes / No fore Yes / No If yes, give details een "Real Food Supplements" and "synthesized supplements" Yes / No Forehead Neck Upper Chest Dry Skin Uneven Skin Tone
Wellness Do you have any heat Do you have mood Headaches Yes / Low energy or tired Rate your energy le Indigestion, Heartbu Have you ever used Do you understand th Anti-Aging Areas of concern: What brands have you Eye Cream Yes /	swings Yes / No No ness Yes / No vels - 1 is low, 10 is high (ple urn or reflux Yes / No I nutritional supplements bef ere is a big difference betwe g Eyes Marionette Lines	Stress Yes / No Allergies Yes / No ease circle) 1 2 3 4 5 6 7 8 9 10 Do you have any aches and pains in your joints Yes / No fore Yes / No If yes, give details een "Real Food Supplements" and "synthesized supplements" Yes / No Forehead Neck Upper Chest Dry Skin Uneven Skin Tone Wrinkle Cream Yes / No Cost \$

Why do you want to improve your appearance?