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Understanding why you want to lose weight and what you are willing to commit

1. What do you want to accomplish with this program?

2. Why do you want to lose weight right now?

3. What is your goal weight or how much weight do you want to lose?

4. Why did you pick this goal weight?

5. What will it mean to you to reach your goal?

6. Are you afraid to reach your goal? If so, why?

7. What will it mean for you if you fail?

8. Do you think you can reach any goal that you set for yourself? Why or why not?

9. What are some obstacles that you see for yourself?

10. How do you think you will feel about yourself if you lose weight?

11. How do you think your life will change if you lose weight?

12. What are you willing to commit to lose this weight? (Time, exercise, meal planning, journaling, daily weights, compliance with meetings)
