

## Your Weight History Questionnaire

Take a few minutes to answer these questions. This will help you not only determine where you are now but also to identify clues from past efforts that can help you with your whole life.

Your usual weight now\_\_\_\_\_

Highest weight\_\_\_\_\_ When?\_\_\_\_\_ For how long?\_\_\_\_\_

Lowest weight\_\_\_\_\_ When?\_\_\_\_\_ For how long?\_\_\_\_\_

How many times have you gained or lost at least 10 pounds (4.5 kilos) in your life?\_\_\_\_\_

How old were you when you first gained excess weight?\_\_\_\_\_

What do you think caused you to gain weight?\_\_\_\_\_

How old were you when you first "dieted"?\_\_\_\_\_

Was your mother overweight?\_\_\_\_\_ Was your father?\_\_\_\_\_

Paternal grandparents?\_\_\_\_\_ Maternal grandparents?\_\_\_\_\_

Are your siblings overweight?\_\_\_\_\_ Children?\_\_\_\_\_

What diets or exercise programs or supplements have you tried in the past?

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What aspects of those plans helped?

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What aspects did not work for you? What got in the way?

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What is motivating you now to stop dieting and start eat right?

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What makes you feel you are ready to eat right?

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Are there any obstacles that you need to deal with before starting?

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What do you think would get in the way of your making permanent changes?

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