

Weight Loss Questionnaire

Fresh Medical Spa

2430 Dougall Avenue, Windsor, ON N8X1T2

519-967-1329

www.freshmedicalspa.com

Name:

Gender:

Birthdate:

Age:

Email address:

Phone:

Please answer every question as your answers will help us better treat you. It will help us individualize a program and make suggestions for your particular needs. Please fill out and return to Fresh Medical Spa for product and services recommendation.

What is your current height and weight?

What are your exact weight loss goals?

Why do you want to lose weight?

How do you consider weight to be a problem for you?

How sedentary (inactive) versus active is your lifestyle? What types of exercise do you do each day and how often?

On a scale of 1 to 10 please choose a number to show how much you DESIRE to lose weight.

On a scale of 1 to 10 please choose a number to show how much you BELIEVE you can lose the weight.

What have you done in the past to lose weight? How long did you keep it off? Was it effective?

What formal or informal diets have you been on in the past? Did they work? For how long?

How much weight did you lose? How soon did you gain it back?

Do you consider yourself to have central obesity or an “apple” body shape?

Do you have elevated blood pressure?

Do you have abnormal blood sugar or insulin levels?

Do you have LDL (“bad”) cholesterol and/or low HDL (“good”) cholesterol?

Do you have a regular dietary plan?

Reduce your health risks by taking action now. The UltraMeal 360 program has been clinically shown to: reduce weight, improve blood pressure, improve fasting insulin, improve cholesterol & triglycerides and improve other heart disease risks. We have many options to help you achieve your weight loss goals: ion magnum for instant inch loss and fat burning, power plate-vibrational exercise, body composition testing to find out if you are losing muscle or fat, weight loss packages, and first line therapy, a guided weight loss program. Talk to an expert at Fresh Medical Spa today to find out your options for achieving your weight loss goals!