

Do You Know Your Fattitude Score?

One size does not fit all. Based on your response to these questions, you can design a custom program around your specific weight release needs. Our Balanced Living Program™ works to help target your unique stress triggers to incorporate a completely holistic approach to address the comprehensive aspects of weight release.

1. How much weight do you want to lose 5-20 lbs 20-50 lbs 50-100 lbs 100 lbs or more
2. Check off which programs you have tried before to lose weight with Weight Watchers Jenny Craig Nutrisystems Monarch LA Weight Loss hCG program Other
3. Do you feel you require coaching and support during your program? Yes No
4. Do you feel you can read instructions and follow directions on your own easily Yes No
5. Do you feel you can read and follow instructions only after being coached thoroughly? Yes No
6. Do you feel you ask for help if you run into questions? Yes No
7. Do you prefer to figure it out on your own? Yes No
8. Are you the type of person who
 - a. Prefers a step by step plan, laid out in detail that you can read and study?
 - b. Prefers to have someone just tell you what you need to do next?
 - c. Prefers to be told what to do, then be left alone to do it?
 - d. Likes to be held responsible for each step by someone other than yourself?
 - e. Prefers to be left alone to go it on your own, and if you fail, you take it in stride?
9. Believes a comprehensive program that supports all aspects of body, mind and fattitude will ensure your success? Yes No
10. Believes a simple less costly program will do the same even though other programs in the past did not work for you? Yes No
11. Do you understand the reason why a full detoxification program is in place to ensure your success in this program? Yes No
12. Do you need more information so you can make a decision? Yes No

Total up your yes/no answers here: #Yes #No

Please enter your name and contact information so I may follow up with you discuss our Balanced Living Program to help you meet your weight release goals.

Name: _____ Phone: _____ Email: _____