

SELF-REFLECTION QUESTIONS

Use the following self-reflection questions to explore how your current weight may impact your life.

1

How do you feel about your current weight and overall health?

2

Have you noticed any changes in your activity levels or daily activities?

3

Have you tried to manage your weight in the past? If so, what strategies did or did not work for you?

4

Do you feel ready to seek support from a healthcare professional?



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HEALTHCARE PROVIDER CONVERSATION STARTER

Use the following questions to start a conversation with your healthcare provider.

1

Is my weight affecting my health? What is a healthier weight for me?

2

Would losing weight improve my health?

3

What type of weight loss program (if any) would you recommend for me?

4

Do you have any resources or treatment recommendations for me?



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