



Date:

Name:

Age:

Address:

Mobile:

Email address:

Goal Weight:

Start Weight:

Finish Weight:

Weight loss to date:

Member type: (Online / Meetings / At Home/ At Work / Myer)

In the beginning...

1. Why did you decide to lose weight?
2. Had you tried to lose weight in the past?
3. What motivated you to join Weight Watchers?
4. Why did you choose meetings or online?
5. What was life like before you lost weight?

Once you joined Weight Watchers...

6. How did you feel once you joined the Weight Watchers program?
7. Were you on the program for the full period of your weight loss?
8. Were there any specific habits you changed/got into that helped you lose weight?
9. Did you fulfill any ambitions whilst/since losing weight?
10. Did you lose weight with a friend, relative or colleague?

Your life now...

11. Can you tell us how your lifestyle has changed?
12. Can you tell us what other people's reactions have been?
13. What does your husband/partner/kids think of your weight loss?
14. Did you experience any embarrassing moments when losing weight?
15. Is there anything more you would like to share about your story?

Please attach a high-resolution photo of you before you joined Weight Watchers, and one of you now.