

## **Tell Us About Your Club Reduce Experience!**

**Name:** \_\_\_\_\_

**Program:** \_\_\_\_\_

What was life like before your program?

What have you tried in the past that didn't work?

How did being overweight negatively impact your life?

Did you have any fear of developing poor health conditions or worsening existing ones?

What did being overweight and unhealthy keep you from doing/enjoying?

What was it like being on a program?

How do you feel now? How much weight did you lose?

How has your life changed since you completed your program?

What are you most grateful for in regards to your experience?

What would you say to someone who is thinking about doing a program?