Date

What is the measurement of your waist (measure just above the belly button)?

What are traits on your awesome list?

What are 2 things you are grateful for?

What acts of self -love do you like to do for yourself?

What person, things or situations trigger you? Why?

What method helps you bring your mind into the present moment?

How many meals do you consume a day?

What times do you eat breakfast? Lunch? Dinner? Snacks?

Do you crave snacks during the day? If so, why?

What time to you go to bed? What time do you get up?

Do you wake up in the night?

On a scale of 1-10 (10 being highest) how refreshed do you feel in the morning?

What kind of movement do you get weekly?

Do you look forward to it?

Do you feel good after exercise or activity?