1. Your name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. Your contact information - Email:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ phone # \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Time Zone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. What is your story relative to food and body image?
4. What is your experience with Thin Within?
5. What have been the hurdles you have faced in applying the principles?
6. How have you attempted to manage these hurdles?
7. What victories have you experienced in applying the principles?
8. What challenges seem to be a theme for you?
9. What are your goals physically, spiritually, and emotionally relative to this journey?
10. What expectations do you have for our time together?
11. What else do you feel is important for me to know?
12. What are some windows of times that we can have our initial free consultation? These are typically 30-50 minutes in length. Please indicate days and times with your time zone that are possible for you and I will respond with one that will work for me (hopefully!)

We can use Skype or telephone for that initial consultation.

If you prefer Skype, what is your Skype User ID? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_