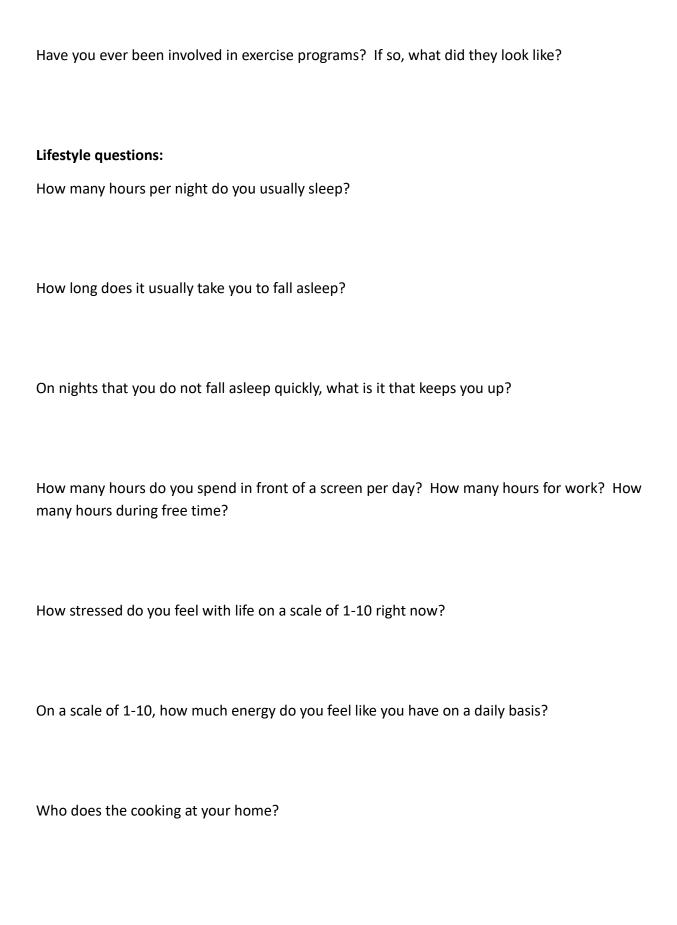
Yuma District Hospital Weight Wellness Intake Survey

(Please complete this survey prior to your first appointment and bring it to your first appointment)

| Goals for weight loss: |
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| Why is losing weight a priority to you? |
| How many pounds would you like to lose? |
| Over what timeframe would you like to lose this weight? |
| On a scale of 1-10, how important is losing weight to you? |
| On a scale of 1-10, how confident are you that you can lose this weight? |
| Have you considered using medications to lose weight? |
| Have you considered doing surgery to lose weight? |

| History of weight gain: |
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| Were you overweight when you were in elementary school? |
| Compared to one year ago, do you weigh more or less now? |
| What are the things that contributed to your arriving at the weight you are at right now? |
| What do you feel is your biggest barrier to losing weight? |
| Have there been any life events that have contributed to your current weight (losing a job, Covid lockdown, losing a family member, pregnancy, chronic injury)? |
| How have you tried to lose weight in the past? |
| How successful have your previous attempts at weight loss been? |
| Have you used medications in the past? If so, which ones? |



| Dietary information: |
|---|
| Please describe your current diet: |
| Are you interested in changing the way you eat? |
| Do you currently have a specific dietary regimen that you adhere to? |
| How many times a week do you usually eat outside of the home at restaurants or fast food? |
| What percentage of the foods that you eat would you say are healthy? |
| What percentage of the meals you eat have "normal portion" sizes? |
| What do you typically drink throughout the day and with meals? |
| Do you ever find yourself eating when you are sad or feeling anxious? |

| Movement: |
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| What word would best describe your current level of physical activity? |
| Are you interested in becoming more physically active? Do enjoy physical activity? |
| What are the different physically active things you do in a normal week? |
| Are there any barriers to your becoming more physically active? |