Question 1

What is one long-term habit that can help sustain weight loss?

- [ ] Skipping meals
- [ ] Batch cooking and meal prepping
- [ ] Avoiding snacks
- [ ] Eating fast food regularly

Explain your answer below:

Question 2

How can you track progress while taking injectable Semaglutide or Tirzepatide?

- [ ] Focus only on the number on the scale
- [ ] Track nutrient intake and body composition
- [ ] Skip tracking to avoid stress
- [ ] Only weigh yourself once a year

Explain your answer below: