

**Question 1: Tell me about yourself**

**Question 2: Why does reaching this goal or fixing this thing matter to you?**

**Question 3: What does success look like?**

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**Question 4: What are you currently doing/weighing and what is your nutrition currently?**

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**Question 5: What is the #1 reason you have failed before or not maintained your success before? And, on a scale of 1-10 how important are your goals**