



Thometz Life Coaching

Do You Need A Health Coach?

If you circled yes to any of these statements, you may benefit from the help of a health coach.

Yes/No - I am overweight / underweight.

Yes/No - I am unhappy with the way I look.

Yes/No - I use the words good / bad to describe my eating.

Yes/No - I feel like I have no control over my eating.

Yes/No - I feel like I'm eating healthy but I'm still overweight.

Yes/No - My doctor is concerned about my Cholesterol/Triglycerides/Glucose levels

I have tried different diets and:

Yes/No - I lose weight and then gained it back.

Yes/No - I lose interest in a diet after a few days/weeks/months.

Yes/No - I just gain weight on diets.

Yes/No - I have trouble maintaining my weight after I've reached my goal.

Yes/No - I eat when I'm anxious or stressed.

Yes/No - I have experienced physical or emotional trauma and eat to feel better.

Yes/No - I have difficulty understanding the science behind how my body uses food.

Yes/No - I have some health issues that affect my ability to lose/gain weight.

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