

This form to be completed by client at onset of program.  
12 REASONS  
*“Why I want to reach my ideal body size”*

NAME \_\_\_\_\_

DATE \_\_\_\_\_

Before writing these reasons out, give some thought to them. It is of the utmost importance that these 12 reasons be true goals and desires which are very personal to you. They should not be generalizations or what you think would please US because they will be used as your “PERSONAL MOTIVATOR”

Each day before you go to sleep, slowly read through this list. This is what is called mental programming. Also, transfer this list to a 3x5 card, which is to be carried with you at ALL TIMES! When confronted with difficult food situations, make the following commitment to yourself NOW. Regardless of whether you finally eat the food or not, you will read the entire card BEFORE doing so. Unlike your previous promises of “I’m not going to eat this,” which never worked anyway, this will be a positive resolution. It involves doing something rather than avoidance of eating a specific food.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_