



**1. What was life like before you became a WPF client?**

J: General contractor with muscle soreness, back pain, and fatigue.

C: Day Care Provider.

**2. At the time you enrolled, were you already exercising? What was your previous background in fitness?**

J: No, I was not exercising, other than what my job did for me. My previous fitness was going to the gym and lifting weights no real plan or structure.

C: Worked out 1 year ago at a gym.

**3. What originally prompted you to seek us out?**

J: Out of shape and wanted to feel better.

C: Get in better shape.

**4. What was your goal when you originally signed up?**

J: Lose some weight and get stronger.

C: Lose weight and lower my health insurance premium.

**5. Why was this important?**

J: To feel better about myself and to be in good shape when our new grandson comes along in June.

**6. How long had you had this goal?**

J: Continuing goal, but with some health problems has kept me from attaining.

C: 2 Years

**7. What were the top 1-2 things that held you back from achieving your goal?**

J: My hernia and surgery for it.

C: Time and Lazy.

**8. What had you tried to get to your goal before?**

J: Read books on better eating and exercising programs, trying to find a program to work.

C: Lift weights on my own.



**9. Were you more driven to solve a problem or achieve a goal?**

J: A little of both.

**10. How did you originally hear about us?**

J: Facebook ad and then meeting you at a BNI meeting.

C: John met him in his BNI group.

**11. What originally prompted you to seek us out?**

J: Liked your attitude at meeting.

C: John

**12. How were you feeling about weight loss, nutrition, and fitness at the time you enrolled?**

J: Ready to get started, didn't want to waste anymore time.

C: Knew about fitness. Needed to learn more about weight loss.

**13. What have you liked best about working with us?**

J: I don't have to figure out what workout I should do, it's all preset by you.

C: Up beat, working on exercising that made me lose weight.

**14. What challenges have you overcome and struggled with that kept you from progressing faster with your goals?**

J: Time fitting in with my busy schedule of work and my volunteer time.

C: Eating better.

**15. How did you overcome them?**

J: Put in my calendar and keep it a priority.

C: Still working on it.



**16. What are you most proud of achieving since you started?**

J: Losing 25 pounds, getting stronger, looking and feeling better.

C: The 30lb weight loss.

**17. Now that you achieved weight loss has your view of yourself changed?**

J: Easier to be confident about how I look and easier to do my job.

C: Not there yet.

**18. How do you feel about your future?**

J: Going to keep working out with you, and come up with some strength goals.

C: Bright.

**19. What else is different about your life since beginning your program?**

J: Stronger, easier to do my daily work. Not missing all the junk food I use to eat.

C: No ice cream or beer.

**20. Where would you be if you hadn't started your program here?**

J: Don't know, probably floundering around trying to do it with books and online help.

C: No where.

**21. What would you say to anyone else who might be dealing with a weight loss problem, or health and fitness problem in general?**

J: Just start, do something every day. Small steps, you didn't gain all your weight overnight it will take some time and work to get it off. My best analogy is how do you eat and elephant, one bite at a time.

C: To come and see you. Give 100% and the weight will melt off.