



COUNSELING/BEHAVIOR MODIFICATION

Have you ever attended counseling or engaged in behavior modification as part of a weight loss attempt?

Provider	Year	Weight Loss	Weight Regained	Length of Program

PHYSICAL EXERCISE

Program	Year	Weight Loss	Weight Regained	Length of Program
Bicycling				
Jogging				
Walking				
Swimming				
Health Club Membership				
Aerobics				
Video Tapes				
Home Gym Equipment				
Other:				
Other:				
Other:				