

MY GOALS

GOAL	DOES THIS GOAL APPLY TO YOU? IF SO, PLEASE EXPAND	RATE THIS AREA OF YOUR LIFE FROM 1-10 BEFORE AND AFTER YOUR PROGRAMME (1 BEING THE WORST POSSIBLE, 10 BEING THE BEST IMAGINABLE)	
		BEFORE PROGRAMME	AFTER PROGRAMME
GAIN ENERGY	Yes, my energy is important to me. I feel much more energised. I now lead a busy lifestyle of early mornings and late nights and many meetings and appointments.	6	8
GAIN WEIGHT	No		
LOSE WEIGHT	Yes, lose fat. I am quite pleased that I am able to adjust my diet, still feel full and lose weight.		
IMPROVE FOCUS & CONCENTRATION	No		
IMPROVE MOOD	Yes. My mood has improved because I eat regularly. I have put myself in control of my food/diet and now no longer allow myself to become very hungry.		
IMPROVE MID MORNING SLUMP	No		
IMPROVE MID AFTERNOON SLUMP	Yes. This links to my goal of improving mood. I find that by eating regularly I rarely get the afternoon slump. I have a natural winding down this time of day but still remain energised, balanced and productive.	5	7
IMPROVE SLEEP	No		

ANY OTHER GOALS YOU WOULD LIKE TO ACHIEVE?	HAVE YOU ACHIEVED YOUR GOAL?	RATE THIS AREA OF YOUR LIFE FROM 1-10 (1 BEING THE WORST POSSIBLE, 10 BEING THE BEST IMAGINABLE)
Lose fat around middle	Yes, I have lost the fat around the middle. Not quite as much as I wanted to but whilst undergoing this programme I have had holidays and time off and this has been my choice. I will continue to lose the rest, there's not much to go now.	7
Improve strength		5

Any other comments about the programme?	A great insight into what is in foods that are marketed as healthy and what healthy foods really are. This is a fantastic initiative with the approach to eating real food instead of stodge and has improved my lifestyle and wellbeing enormously. It is a fantastic programme that has benefitted family as well.
--	--

