Your weight management conversation starter

ightarrow If you answered other, please briefly describe the reasons:



Prepare for a productive conversation with your doctor about your weight, health goals and management options. This guide helps you note your thoughts, giving you and your doctor a strong starting point for your weight management journey.

Reflect and prepare

Please complete the following sections before your appointment to help you and your doctor have a more focused conversation. Your answers will help you both understand why you want to manage your weight, and why this journey is important to you.

1 1					
YOUR PERSONAL MOTIVATIONS					
l Why is managing your weight importa	nnt to you? Tick all that apply.				
 I want to improve my overall health and well-being I want to increase my energy levels and physical activity 	☐ I want to reduce the risk of a weight-related health condition (e.g., diabetes, heart disease)	I want to improve my self-esteem and body imageOther			
ightarrow If you answered other or have any further that	ughts, please use the space below:				
YOUR WEIGHT MANAGEMENT HISTORY					
2 How long have you been concerned ab	out your weight?				
☐ Less than 6 months ☐ More than 5 years	☐ 6 months to 1 year	☐ 1 to 5 years			
3 What weight management strategies	have you tried in the past? Tick all that apply.				
 Dietary changes Increased physical activity Over-the-counter weight loss supplements (e.g., herbal remedies, appetite suppressants) 	 Weight loss medications prescribed by a doctor Formal weight loss programs Bariatric surgery 	☐ I haven't tried any weight management strategies☐ Other			
ightarrow If you answered other, please briefly describe the strategies you have tried:					
4 If you've lost weight in the past, have you regained it?					
☐ Yes	□ No	☐ This is my first weight loss attempt			
ightarrow If you answered yes, what do you think contributed to the weight regain? Check all that apply.					
 I found it difficult to stick to my diet and exercise routine I continued to feel hungry and had strong cravings for certain foods 	 ☐ I ate more when I felt stressed or sad ☐ I didn't have enough support from family, friends or a support program 	☐ I had a health condition or was on a medication that made it harder to lose weight☐ Other			



YOUR HEALTH AND WEIGHT

(5)	Do you have any of the following health conditions? Tick all that apply.			
	High blood pressure High cholesterol High blood sugar (pre-diabetes or type 2 diabetes)	☐ Heart disease☐ Interrupted breathing during sleep (sleep apnoea)☐ Joint pain or arthritis	 □ Liver issues (e.g., fatty liver disease) □ Polycystic ovary syndrome (PCOS) □ I do not have any other health condition □ Other 	
\rightarrow	If you answered other, please briefly describe an			
6	Are you currently on any medications t	hat your healthcare professional needs to kno	ow about?	
	Yes	□ No		
7	How does your weight impact your dail	y life? Tick all that apply.		
	I have difficulty with daily activities, such as walking or bending down to put shoes on I often feel tired and lacking in energy	 I avoid social situations due to concerns about my weight My mood is down, I feel self-conscious and unhappy with my body 	 ☐ I have difficulty finding clothes that fit me ☐ My weight does not impact my daily life ☐ Other 	
\rightarrow	If you answered other, please briefly describe th	e ways your weight impacts your life:		

YOUR KEY MEASUREMENTS

If you know your body mass index and waist-to-height ratio, please add it here:

ightarrow My body mass index:

ightarrow My waist-to-height ratio:

If you don't know your measurements, scan the QR code to calculate it.





DURING YOUR APPOINTMENT:

Key questions to discuss

Use these questions as a starting point for your conversation with your doctor.

UNDERSTANDING YOUR OPTIONS

What are all the available weight management options for me, considering my health history and goals (e.g., lifestyle changes, medication, surgery)?

What are the pros and cons of each option?

How often will I need to follow up with you?

How do these options work and what results can I realistically expect?

What kind of ongoing support will I receive?

How will I maintain weight loss in the long-term?

 \rightarrow Feel free to add your own questions below: