

# WEIGHT LOSS PROFILE

NAME: \_\_\_\_\_

COACH: \_\_\_\_\_

DATE: \_\_\_\_\_

## WEIGHT LOSS GOALS

### 1. WHAT ARE YOUR WEIGHT LOSS GOALS?

- Lose 5-15 lbs (2.2-6.8 kg)
- Lose 16-30 lbs (7.2-13.6 kg)
- Lose 31-50 lbs (14-22.7 kg)
- Lose 51-100 lbs (23.1-45.4 kg)
- Lose 101+ pounds (45.8+ kg)
- I just want to be healthy

### 2. WHEN DO YOU WANT TO REACH YOUR GOAL WEIGHT?

- 2 weeks
- 4 weeks
- 12 weeks
- 6 months
- 1 year

### 3. WHAT IS YOUR COMMITMENT LEVEL TO LOSING WEIGHT?

- I'm extremely motivated
- High
- Average
- Low
- I need constant encouragement

## DINING OUT

### 1. DO YOU OR SOMEONE ELSE IN YOUR HOUSEHOLD COOK OR PREPARE MEALS MOST DAYS OF THE WEEK?

- Yes
- No

### 2. HOW OFTEN DO YOU EAT OUT?

- I eat out for every meal, including weekends
- I eat out for every meal during the work week
- I eat out on occasion
- I rarely eat out

## BEHAVIOR & METABOLISM

### 1A. ONCE YOU START EATING, DO YOU FIND IT DIFFICULT TO STOP?

- Yes
- No

### 1B. DO YOU CRAVE FOODS SUCH AS BREADS, PASTAS, BAKED GOODS, AND CHIPS?

- Yes
- No

### 1C. WHEN YOU EAT GRAINS, DO YOU FEEL TIRED, SLUGGISH OR BLOATED?

- Yes
- No

### 1D. HAVE YOU BEEN OVERWEIGHT FOR ONE YEAR OR LONGER?

- Yes
- No

### 2A. ARE YOU STRESSED?

- Yes
- No

### 2B. EVEN WHEN YOU EAT HEALTHY AND EXERCISE, IS IT HARD FOR YOU TO LOSE WEIGHT?

- Yes
- No

### 2C. ARE YOU CONCERNED ABOUT HAVING A SLUGGISH THYROID?

- Yes
- No

### 2D. DO YOU HAVE A PROBLEM FALLING AND/OR STAYING ASLEEP AT NIGHT?

- Yes
- No

### 2E. HAVE YOU BEEN DIAGNOSED WITH HYPERTHYROIDISM (OVER ACTIVE THYROID)?

- Yes
- No

### 3A. DO YOU EAT AT LEAST 25 GRAMS OF FIBER DAILY?

- Yes
- No

### 3B. DO YOU SKIP MEALS OR GO MORE THAN 4 HOURS WITHOUT EATING (WHILE AWAKE)?

- Yes
- No

### 3C. DO YOU EAT BREAKFAST WITHIN 1 HOUR OF WAKING?

- Yes
- No

### 4A. DO YOU CONSUME QUALITY PROTEIN WITHIN 45 MINUTES OF EXERCISING?

- Yes
- No

### 4B. AT EVERY MEAL, INCLUDING SNACKS, DO YOU CONSUME PROTEIN?

- Yes
- No

### 4C. WHEN YOU LOSE WEIGHT, DO YOU FEEL LIKE YOU ALSO LOSE ENERGY AND STRENGTH?

- Yes
- No

### 5A. DO YOU FEEL TIRED, UNALERT AND LACKING ENERGY MOST DAYS?

- Yes
- No

### 5B. DO YOU FEEL LIKE YOU'RE STUCK IN A PLATEAU?

- Yes
- No

### 5C. DO YOU FEEL LIKE YOUR METABOLISM NEEDS A BOOST?

- Yes
- No

### 5D. ARE YOU SENSITIVE TO CAFFEINE OR STIMULANTS?

- Yes
- No

### 6A. DO YOU FEEL LIKE YOU LOSE WEIGHT SLOWLY?

- Yes
- No

### 6B. DO YOU WANT TO PROMOTE REDUCTION IN BODY MASS INDEX (BMI)?

- Yes
- No

### 7A. DO YOU HAVE EXCESS FAT ON YOUR STOMACH, HIPS, BUTT OR THIGHS?

- Yes
- No

### 7B. DO YOU WANT HELP TO INCREASE YOUR LEAN MUSCLE MASS?

- Yes
- No

### 7C. ARE YOU ALLERGIC TO PEANUTS?

- Yes
- No

### 8. DO YOU CURRENTLY TAKE A DAILY MULTIVITAMIN SUPPLEMENT?

- Yes
- No

### 9. DO YOU EAT 6-12 CUPS OF FRESH VEGETABLES DAILY?

- Yes
- No

### 10. ARE YOU ALLERGIC TO SOY?

- Yes
- No

### 11A. DO YOU WANT HELP WITH SATIETY, APPETITE CONTROL AND METABOLIC BALANCE?

- Yes
- No

### 11B. WOULD YOU LIKE A HEALTHIER ALTERNATIVE TO COFFEE OR TEA THAT CAN ALSO HELP WITH WEIGHT LOSS?

- Yes
- No

### 11C. WOULD YOU LIKE A BEVERAGE THAT IS FULL OF HEALTHY POLYPHENOLS (ANTIOXIDANTS) AND HAS INGREDIENTS TO DECREASE WEIGHT AND BODY FAT?

- Yes
- No



# WEIGHT LOSS PROFILE

## WEIGHT LOSS GOALS/DINING OUT ANSWER GUIDE

THE 4-7 DAY DETOX PLAN IS RECOMMENDED BEFORE STARTING ANY TLS® PROGRAM

| WEIGHT TO LOSE            | GOAL WEIGHT TIMEFRAME | COMMITMENT LEVEL                     | DO YOU COOK | DO YOU EAT OUT  | RECOMMENDED PLAN     |
|---------------------------|-----------------------|--------------------------------------|-------------|---|----------------------|
| Just want to be healthy   | Any                   | Any                                  | Any         | Any   | CONTINUED COMMITMENT |
| 5-15 lbs (2.2-6.8 kg)     | 2 Weeks               | Any                                  | Any         | Any   | FAT SHREDDER         |
| 5-15 lbs (2.2-6.8 kg)     | 4 Weeks               | Extremely motivated/<br>High/Average | Yes         | Rarely or on occasion                                   | RAPID RESULTS        |
| 5-15 lbs (2.2-6.8 kg)     | 4 Weeks               | Low/Need constant encouragement      | Yes         | Rarely or on occasion                                   | RAPID RESULTS        |
| 5-15 lbs (2.2-6.8 kg)     | 4 Weeks               | Any                                  | No          | Every meal inc. weekends or every meal during work week | SIMPLY DELIVERED     |
| 5-15 lbs (2.2-6.8 kg)     | 12 Weeks              | Any                                  | Yes         | Rarely or on occasion                                   | SURE & STEADY        |
| 5-15 lbs (2.2-6.8 kg)     | 12 Weeks              | Any                                  | No          | Every meal inc. weekends or every meal during work week | SIMPLY DELIVERED     |
| 5-15 lbs (2.2-6.8 kg)     | 6 Months              | Any                                  | Yes         | Rarely or on occasion                                   | SURE & STEADY        |
| 5-15 lbs (2.2-6.8 kg)     | 6 Months              | Any                                  | No          | Every meal inc. weekends or every meal during work week | SIMPLY DELIVERED     |
| 5-15 lbs (2.2-6.8 kg)     | 1 Year                | Any                                  | Yes         | Rarely or on occasion                                   | SURE & STEADY        |
| 5-15 lbs (2.2-6.8 kg)     | 1 Year                | Any                                  | No          | Every meal inc. weekends or every meal during work week | SIMPLY DELIVERED     |
| 16-30 lbs (7.2-13.6 kg)   | 12 Weeks              | Any                                  | Yes         | Rarely or on occasion                                   | RAPID RESULTS        |
| 16-30 lbs (7.2-13.6 kg)   | 12 Weeks              | Any                                  | No          | Every meal inc. weekends or every meal during work week | SIMPLY DELIVERED     |
| 16-30 lbs (7.2-13.6 kg)   | 6 Months              | Any                                  | Yes         | Rarely or on occasion                                   | SURE & STEADY        |
| 16-30 lbs (7.2-13.6 kg)   | 6 Months              | Any                                  | No          | Every meal inc. weekends or every meal during work week | SIMPLY DELIVERED     |
| 16-30 lbs (7.2-13.6 kg)   | 1 Year                | Any                                  | Yes         | Rarely or on occasion                                   | SURE & STEADY        |
| 16-30 lbs (7.2-13.6 kg)   | 1 Year                | Any                                  | No          | Every meal inc. weekends or every meal during work week | SIMPLY DELIVERED     |
| 31-50 lbs (14-22.7 kg)    | 12 Weeks              | Extremely motivated/<br>High/Average | Yes         | Rarely or on occasion                                   | RAPID RESULTS        |
| 31-50 lbs (14-22.7 kg)    | 12 Weeks              | Low/Need constant encouragement      | Yes         | Rarely or on occasion                                   | RAPID RESULTS        |
| 31-50 lbs (14-22.7 kg)    | 12 Weeks              | Any                                  | No          | Every meal inc. weekends or every meal during work week | SIMPLY DELIVERED     |
| 31-50 lbs (14-22.7 kg)    | 6 Months              | Any                                  | Yes         | Rarely or on occasion                                   | SURE & STEADY        |
| 31-50 lbs (14-22.7 kg)    | 6 Months              | Any                                  | No          | Every meal inc. weekends or every meal during work week | SIMPLY DELIVERED     |
| 31-50 lbs (14-22.7 kg)    | 1 Year                | Any                                  | Yes         | Rarely or on occasion                                   | SURE & STEADY        |
| 31-50 lbs (14-22.7 kg)    | 1 Year                | Any                                  | No          | Every meal inc. weekends or every meal during work week | SIMPLY DELIVERED     |
| 51-100 lbs (23.1-45.4 kg) | 6 Months              | Any                                  | Yes         | Rarely or on occasion                                   | RAPID RESULTS        |
| 51-100 lbs (23.1-45.4 kg) | 6 Months              | Any                                  | No          | Every meal inc. weekends or every meal during work week | SIMPLY DELIVERED     |
| 51-100 lbs (23.1-45.4 kg) | 1 Year                | Any                                  | Yes         | Rarely or on occasion                                   | SURE & STEADY        |
| 51-100 lbs (23.1-45.4 kg) | 1 Year                | Any                                  | No          | Every meal inc. weekends or every meal during work week | SIMPLY DELIVERED     |
| 101+ lbs (45.8+ kg)       | 1 Year                | Any                                  | Yes         | Rarely or on occasion                                   | RAPID RESULTS        |
| 101+ lbs (45.8+ kg)       | 1 Year                | Any                                  | No          | Every meal inc. weekends or every meal during work week | SIMPLY DELIVERED     |

Please make sure to read all warning labels and as a general safety precaution, always consult your physician before taking any dietary supplement.

\*Simply Delivered is only available in the USA.



# WEIGHT LOSS PROFILE

## BEHAVIOR AND METABOLISM ANSWER GUIDE

| QUESTION | ANSWER                                     | SUPPLEMENT RECOMMENDATION   |
|----------|--|---|
| 1A-1D    | If you answered YES to 2 or more questions | TLS® CORE Fat & Carb Inhibitor is recommended                                   |
| 2A-2D    | If you answered YES to 2 or more questions | TLS ACTS Adrenal, Cortisol, Thyroid & Stress Support Formula is recommended     |
| 2E       | YES  | TLS ACTS Adrenal, Cortisol, Thyroid & Stress Support Formula is not recommended |
| 2E       | NO   |   |
| 3A       | YES  |   |
| 3A       | NO   | TLS Nutrition, plant-based shakes or advanced fiber powder is recommended       |
| 3B       | YES  | TLS nutrition or plant based shakes are recommended                             |
| 3B       | NO   |   |
| 3C       | YES  |   |
| 3C       | NO   | TLS Nutrition Shakes or TLS Plant-Based Protein Shake are recommended           |
| 4A       | YES  |   |
| 4A       | NO   | TLS Whey Protein Shake or TLS Plant-Based Protein Shake are recommended         |
| 4B       | YES  |   |
| 4B       | NO   | TLS Whey Protein Shake or TLS Plant-Based Protein Shake are recommended         |
| 4C       | YES  | TLS Whey Protein Shake or TLS® Plant-Based Protein Shake are recommended        |
| 4C       | NO   |   |
| 5A-5C    | If you answered YES to 2 or more questions | TLS Thermochrome™ with Advantra Z® is recommended                               |
| 5D       | YES  | TLS Thermochrome with Advantra Z and Trim Cafe are not recommended              |
| 5D       | NO   |   |
| 6A-6B    | If you answered YES to 1 or more questions | TLS Green Coffee Plus Garcinia Cambogia is recommended                          |
| 7A-7B    | If you answered YES to 1 or more questions | TLS Tonalin® CLA is recommended   |
| 7C       | YES  | TLS Tonalin CLA is not recommended  |
| 7C       | NO   |   |
| 8        | EITHER ANSWER                              | Isotonix® Multivitamin is recommended   |
| 9        | YES  |   |
| 9        | NO   | Complete Greens® is recommended   |
| 10       | YES  | TLS Tonalin® CLA and TLS CORE Fat & Carb Inhibitor are not recommended          |
| 10       | NO   |   |
| 11A      | YES  | TLS Trim Tea or TLS Trim Cafe is recommended                                    |
| 11A      | NO   |   |
| 11B      | YES  | TLS Trim Tea or TLS Trim Cafe is recommended                                    |
| 11B      | NO   |   |
| 11C      | YES  | TLS Trim Tea or TLS Trim Cafe is recommended                                    |
| 11C      | NO   |   |

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