

15 Hospital Center Commons, Suite 100E, Hilton Head Island, SC 29926 3770 Richmond Ave Staten Island, NY

(718) 605-4093

www.gullowellness.com

## 4 Key Questions

Name: \_\_\_\_\_

Date:\_\_\_\_\_

1. Why do you eat?

2. If you wanted to lose body fat, what should you change about your eating?

3. Do you crave certain foods? If so, which ones?

4. What is the best way to eat for health?