

WEIGHT MANAGEMENT PROFILE

NAME: _____

COACH: _____

DATE: _____

WEIGHT MANAGEMENT GOALS

1. WHAT ARE YOUR WEIGHT MANAGEMENT GOALS?

- Lose 2.2–6.8 kg (5–15 lbs)
- Lose 23.1–45.4 kg (51–100 lbs)
- Lose 7.2–13.6 kg (16–30 lbs)
- Lose 45.8+ kg (101+ lbs)
- Lose 14–22.7 kg (31–50 lbs)
- 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

BEHAVIOUR & 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 (OVERACTIVE THYROID)?

- Yes
- No

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

- Yes
- No

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

- Yes
- No

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

- Yes
- No

4A. DO YOU HAVE EXCESS FAT ON YOUR STOMACH, HIPS, BUTT OR THIGHS?

- Yes
- No

4B. DO YOU WANT HELP TO INCREASE YOUR LEAN MUSCLE MASS?

- Yes
- No

4C. ARE YOU ALLERGIC TO PEANUTS?

- Yes
- No

5. DO YOU CURRENTLY TAKE A DAILY MULTIVITAMIN SUPPLEMENT?

- Yes
- No

6. ARE YOU ALLERGIC TO SOY?

- Yes
- No

7A. DO YOU FEEL TIRED, UNALERT AND LACKING ENERGY MOST DAYS?

- Yes
- No

7B. DO YOU FEEL LIKE YOU'RE STUCK IN A PLATEAU?

- Yes
- No

7C. DO YOU FEEL LIKE YOUR METABOLISM NEEDS A BOOST?

- Yes
- No

7D. ARE YOU SENSITIVE TO CAFFEINE OR STIMULANTS?

- Yes
- No

8A. DO YOU WANT HELP WITH SATIETY, APPETITE CONTROL AND METABOLIC BALANCE?

- Yes
- No

8B. WOULD YOU LIKE A HEALTHIER ALTERNATIVE TO TEA THAT CAN ALSO HELP WITH WEIGHT LOSS?

- Yes
- No

8C. WOULD YOU LIKE A BEVERAGE THAT IS FULL OF HEALTHY POLYPHENOLS (ANTIOXIDANTS) AND HAS INGREDIENTS TO DECREASE WEIGHT AND BODY FAT?

- Yes
- No

WEIGHT MANAGEMENT PROFILE

GOALS AND ANSWER GUIDE

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

WEIGHT TO LOSE	GOAL WEIGHT TIMEFRAME	RECOMMENDED PLAN
Just want to be healthy	Any	CONTINUED COMMITMENT
2.2–6.8 kg / (5–15 lbs)	2 Weeks	FAT SHREDDER
	4 Weeks	RAPID RESULTS
	12 Weeks	SURE & STEADY
	6 Months	SURE & STEADY
	1 Year	SURE & STEADY
7.2–13.6 kg / (16–30 lbs)	12 Weeks	RAPID RESULTS
	6 Months	SURE & STEADY
	1 Year	SURE & STEADY
14–22.7 kg / (31–50 lbs)	12 Weeks	RAPID RESULTS
	6 Months	SURE & STEADY
	1 Year	SURE & STEADY
23.1–45.4 kg / (51–100 lbs)	6 Months	RAPID RESULTS
	1 Year	SURE & STEADY
45.8+ kg / (101+ lbs)	1 Year	RAPID RESULTS

WEIGHT MANAGEMENT PROFILE

BEHAVIOUR AND METABOLISM ANSWER GUIDE/SUPPLEMENT RECOMMENDATIONS

QUESTION	ANSWER	SUPPLEMENT RECOMMENDATION
1A–1D	If you answered YES to 2 or more questions	TLS CORE Fat & Carb Metabolizer 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 Shakes are recommended.
3B	YES	TLS Nutrition Shakes are recommended.
3B	NO	
3C	YES	
3C	NO	TLS Nutrition Shakes are recommended.
4A–4B	If you answered YES to 2 or more questions	TLS Fat Metabolizer with Chromax and Tonalin CLA® is recommended.
4C	YES	TLS Fat Metabolizer with Chromax and Tonalin CLA is not recommended.
4C	NO	
5	EITHER ANSWER	Isotonix Multivitamin is recommended.
6	YES	TLS Fat Metabolizer with Chromax and Tonalin CLA & TLS CORE Fat & Carb Metabolizer are not recommended.
6	NO	
7A–7C	If you answered YES to 2 or more questions	TLS Thermochrome with Svetol® Green Coffee Bean is recommended.
7D	YES	TLS Thermochrome with Svetol® Green Coffee Bean is not recommended.
7D	NO	
8A	YES	TLS Trim Tea is recommended.
8A	NO	
8B	YES	TLS Trim Tea is recommended.
8B	NO	
8C	YES	TLS Trim Tea is recommended.
8C	NO	

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

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