18 week review

Thinking about the goal(s) that you set yourself at week 1, have you:
(please tick only one in each category)

<table>
<thead>
<tr>
<th>Weight management</th>
<th>Physical Activity</th>
<th>Personal Goal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fully achieved your goal</td>
<td>Fully achieved your goal</td>
<td>Fully achieved your goal</td>
</tr>
<tr>
<td>Made a lot of progress</td>
<td>Made a lot of progress</td>
<td>Made a lot of progress</td>
</tr>
<tr>
<td>Made a little progress</td>
<td>Made a little progress</td>
<td>Made a little progress</td>
</tr>
<tr>
<td>Made no progress</td>
<td>Made no progress</td>
<td>Made no progress</td>
</tr>
<tr>
<td>I don’t have a goal for this</td>
<td>I don’t have a goal for this</td>
<td>I don’t have a goal for this</td>
</tr>
</tbody>
</table>

Thinking about your goals (above), what do you think:

- Has been challenging or difficult?
- What has helped/supported you?
- What would help you further?

Have you been referred elsewhere?
Yes [ ] No [ ]

Referred to
Education/Training/Employability [ ]
Mental Health Issues [ ]
Substance Misuse [ ]

Other (please specify):
Reason for referral:

Service referred to:

Which commercial weight management service has been attended?
Slimming World [ ]
Weight Watchers [ ]

Type of physical activity