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ENERGY PSYCHOLOGY CERTIFICATION

MARKETING MODULE

SAMPLE APPLICATION FORM
FOR PROSPECTIVE CLIENTS

* 1. What is your first name?

* 2. What are your initials?

* 3. What is your email address?

* 4. What is your phone # ?

5. Age

6. Gender

- Male
- Female

7. Weight

8. What is the maximum amount of weight (in pounds) you have lost in one month?

- 0-4
- 5-9
- 10-14
- 15-19
- 20 +

9. What is your maximum weight gain within one week?

- 1
- 1.1-2
- 2.1-3
- 3.1-5
- 5 +

10. In a typical week, how much does your weight fluctuate?

- 1
- 1.1-2
- 2.1-3
- 3.1-5
- 5 +

11. How many pounds over your ideal weight were you at your maximum weight?

- 0-1
- 2-5
- 6-10
- 11-20
- 21 +

12. In general, how often are you dieting?

- Never
- Rarely
- Sometimes
- Often
- Always

13. Would a weight fluctuation of 5 pounds affect the way you live your life?

- Never
- Rarely
- Sometimes
- Often
- Always

14. Do you eat sensibly in front of others and splurge alone?

- Never
- Rarely
- Sometimes
- Often
- Always

15. Do you give too much time and thought to food?

- Never
- Rarely
- Sometimes
- Often
- Always

16. Do you have feelings of guilt after overeating?

- Never
- Rarely
- Sometimes
- Often
- Always

17. How conscious are you of what you are eating?

- Never
- Rarely
- Sometimes
- Often
- Always

18. Sometimes, when I'm doing everyday activities, I get an urge to eat "out of the blue" (for no apparent reason).

- don't agree at all
- agree a little
- agree somewhat
- agree
- strongly agree

19. I think I enjoy eating a lot more than most other people.

- don't agree at all
- agree a little
- agree somewhat
- agree
- strongly agree

20. Hearing someone describe a great meal makes me really want to have something to eat.

- don't agree at all
- agree a little
- agree somewhat
- agree
- strongly agree

21. It seems like I have food on my mind a lot.

- don't agree at all
- agree a little
- agree somewhat
- agree
- strongly agree

22. It's very important to me that the foods I eat are as delicious as possible.

- don't agree at all
- agree a little
- agree somewhat
- agree
- strongly agree

23. Before I eat a favorite food my mouth tends to flood with saliva.

- don't agree at all
- agree a little
- agree somewhat
- agree
- strongly agree

24. When I see delicious foods in advertisements or commercials, it makes me want to eat.

- don't agree at all
- agree a little
- agree somewhat
- agree
- strongly agree

25. I feel like food controls me rather than the other way around.

- don't agree at all
- agree a little
- agree somewhat
- agree
- strongly agree

26. Just before I taste a favorite food, I feel intense anticipation.

- don't agree at all
- agree a little
- agree somewhat
- agree
- strongly agree

27. When I eat delicious food I focus a lot on how good it taste.

- don't agree at all
- agree a little
- agree somewhat
- agree
- strongly agree

28. I love the taste of certain foods so much that I can't avoid eating them even if they're bad for me.

- don't agree at all
- agree a little
- agree somewhat
- agree
- strongly agree

29. I find myself thinking about food even when I'm not physically hungry

- don't agree at all
- agree a little
- agree somewhat
- agree
- strongly agree

30. When I'm in a situation where delicious foods are present but I have to wait to eat them, it is very difficult for me to wait.

- don't agree at all
- agree a little
- agree somewhat
- agree
- strongly agree

31. I get more pleasure from eating than I do from almost anything else

- don't agree at all
- agree a little
- agree somewhat
- agree
- strongly agree

32. I feel that food is to me like liquor is to an alcoholic.

- don't agree at all
- agree a little
- agree somewhat
- agree
- strongly agree

33. If I see or smell a food I like, I get a powerful urge to have some.

- don't agree at all
- agree a little
- agree somewhat
- agree
- strongly agree

34. When I'm around a fattening food I love, it's hard to stop myself from at least tasting it.

- don't agree at all
- agree a little
- agree somewhat
- agree
- strongly agree

35. I often think about what foods I might eat later in the day.

- don't agree at all
- agree a little
- agree somewhat
- agree
- strongly agree

36. It's scary to think of the power that food has over me.

- don't agree at all
- agree a little
- agree somewhat
- agree
- strongly agree

37. When I taste a favorite food, I feel intense pleasure.

- don't agree at all
- agree a little
- agree somewhat
- agree
- strongly agree

38. When I know a delicious food is available, I can't help myself from thinking about having some.

- don't agree at all
- agree a little
- agree somewhat
- agree
- strongly agree

39. I look forward with enjoyment to things:

- As much as I ever did - 0
- Rather less than I used to - 1
- Definitely less than I used to - 2
- Hardly at all - 3

40. I get sudden feelings of panic:

- Very often indeed - 3
- Rather less than I used to - 2
- Definitely less than I used to - 1
- Not at all - 0

41. I feel as if I am slowed down:

- Nearly all the time - 3
- Very often - 2
- Sometimes - 1
- Not at all - 0

42. I can enjoy a good book or radio or TV program

- Often - 0
- Sometimes - 1
- Not often - 2
- Very seldom - 3

43. I can laugh and see the funny side of things:

- As much as I always could - 0
- Not quite so much now - 1
- Definitely not so much now - 2
- Not at all - 0

44. I have lost interest in my appearance:

- Definitely - 3
- I don't care as much as I should - 2
- I may not take quite as much care - 1
- I take just as much care as ever - 0

45. Worrying thoughts go through my mind:

- Very much indeed - 3
- A lot of the time - 2
- From time to time - 1
- Only occasionally - 0

46. I feel restless as I have to be on the move:

- Very much indeed - 3
- Quite a lot - 2
- Not very much - 1
- Not at all - 0

47. I feel cheerful:

- Not at all - 3
- Not often 2
- Sometimes 1
- Most of the time 0

48. I can sit at ease and feel relaxed:

- Definitely 0
- Usually 1
- Not often 2
- Not at all 3

49. I still enjoy the things I used to enjoy

- Definitely as much 0
- Not quite as much 1
- Only a little 2
- Hardly at all 3

50. I get a sort of frightened feeling, as if something awful is about to I get a sort of frightened feeling, as if something awful is about to happen:

- Very definitely and quite badly 3
- Yes, but not too badly 2
- A little, but it doesn't worry me 1
- Not at all 0

51. I get a sort of frightened feeling like 'butterflies' in the stomach:

- Not at all 0
- Occasionally 1
- Quite often 2
- Very often 3

52. I feel tense or 'wound up':

- Most of the time 3
- A lot of the time 2
- From time to time, occasionally 1
- Not at all 0

53. Do you feel happy in general? Please choose a number:

Not at all 0 1 2 3 4 5 6 7 8 9 10 Very

- 0
- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10

Below is a list of problems and complaints that people sometimes have in response to stressful experiences. Please read each one carefully, and circle the number that indicates how much you been bothered by that problem in the past month. 1= Not at all 3=Moderately 5=Extremely

54. Repeated, disturbing memories, thoughts, or images of a stressful experience?

- 1
- 2
- 3
- 4
- 5

55. Feeling very upset when something reminded you of a stressful experience?

- 1
- 2
- 3
- 4
- 5

