

Before the Reboot

- Do you think (know?) that fruits & vegetables are good for you?
- Sometimes it's hard to eat fruits & vegetables because...
- I decided I needed to get healthy because...

During the Reboot

- The hardest part of my reboot was...
- For the first couple days of my reboot i felt_____ but by the end I felt_____

After the Reboot

- One rule I made that helps me stay healthy is...
- If you stray from a healthy diet, how do you get back on track?
- Since doing a reboot, how has your diet changed?

[read as "After my reboot, I..." for example "After my reboot, I have stopped eating peanut m&m's on the train home every day"]

- Since doing a reboot have you connected with other health conscious people in your local area?

Reboot Community

- I heard about Fat Sick & Nearly Dead from_____
- My support system is _____
- Having a support system in place is _____