

Share Your Lindora Success Story!

You can inspire others by sharing your Lindora Success Story! If you'd like to be considered for future Lindora TV commercials, our website Success Stories section, and other publicity and media opportunities, please complete this brief questionnaire and attach two photos: a "before" photo of you at your heaviest weight, and an "after" photo of you today. You may either email your questionnaire and photos to jerry.holderman@lindora.com or mail to: Jerry Holderman, Lindora, 3505 Cadillac Avenue, Suite N-2, Costa Mesa, CA 92626. Thank you—and congratulations on your success!

Name _____ **Age** _____ **Email** _____

Home Phone _____ **Work Phone** _____ **Cell Phone** _____

Occupation _____ Height _____ Current Weight _____

Total Pounds Lost on Lindora Program _____ Starting Weight with Lindora _____

Largest dress/pant size _____ Current dress/pant size _____

What health improvements have resulted from your weight loss? _____

Was there a particular incident or event that inspired you to lose weight? _____

What was your worst weight-related experience as an overweight person? _____

What was your goal when you went to Lindora? Did you achieve it? _____

How many other weight loss program(s) had you tried before Lindora? Please name them:

How did you learn about Lindora? _____

How was Lindora different from other programs you've tried? _____

What three words would you use to describe Lindora and/or your results on the program?

1. _____ 2. _____ 3. _____

Why do you think you succeeded on the Lean for Life program? _____

What "tips" would you give someone who is just beginning the Lean for life program? _____

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What Lindora products or resources (*i.e. protein bars, book, daily action plan*) did you enjoy using most? _____

Is there a Team Lindora member who was especially helpful? _____

What is the best reaction or feedback you received after losing weight? _____

If someone who has lost faith in his or her ability to lose weight asked you about Lindora, what would you tell them? _____

What is the biggest change in how you look or feel since losing weight? _____

What was the greatest challenge or obstacle you faced while losing weight? How did you overcome it? _____

What three words would you use to describe yourself at your heaviest weight?
1. _____ 2. _____ 3. _____

What three words would you use to describe yourself now?
1. _____ 2. _____ 3. _____

While you were losing weight, what kept you motivated to stay on the program? _____

What can you wear today that you could not (or would not) have worn at your heaviest weight? _____

What's the greatest compliment you've received about your weight loss success? _____

How have your life—and health—changed as a result of losing weight? _____

Is there anything else you'd like to tell us about your Lindora experience? _____