

Story prompts

- How did your weight and health change over different life stages, and what factors contributed to weight gain?

- What is your history with dieting?

- What health challenges did you face?

- What motivated you to seek a solution for your weight and health?

- How did you learn about intermittent fasting?

- How did your perception of intermittent fasting differ from traditional diets, and what factors contributed to your commitment?

- Did you have an initial hesitation to starting intermittent fasting?

- How did you approach your intermittent fasting journey?

- How did you start intermittent fasting? What was your early experience?

- What fasting windows did you use and how did it evolve?

- Were there any specific strategies or techniques you used to manage hunger and cravings when you first started fasting?

- How did you deal with special occasions and holidays?

- How did your social life and interactions change as a result of your intermittent fasting journey?

- Did you incorporate any exercise or physical activity alongside intermittent fasting? If so, how did it contribute to your progress?

- What role did community or support play in your success with intermittent fasting?

- Were there any unexpected challenges or setbacks you faced, and how did you overcome them?

- What impact did intermittent fasting have on your health conditions and weight loss?

Intermittent Fasting **Success**

- What non-scale victories did you experience due to intermittent fasting, and how did it impact your quality of life?

- How did you choose your weight loss goal?

- How did you handle moments of self-doubt or plateaus in your journey?

- Did you track your progress using any specific methods, such as keeping a journal, photos, using apps, or taking measurements?

- Did you adapt your eating habits, and if so, how?

- How did your approach to meals and food choices change?

- How did your relationship with food evolve during your journey?

- Did you experience shifts in your mindset or emotional connection to food?

- How did intermittent fasting impact portion control?

- Did you experience changes in how you dealt with hunger and satiety cues?

- Did your taste for certain foods change on your journey?

- How did you handle any negative comments or skepticism from others about your choice to practice intermittent fasting?

- What resources and books did you find helpful in your intermittent fasting journey?

- What key lessons did you learn from your intermittent fasting journey, and how has it influenced your long-term commitment?

- How did your experience with intermittent fasting influence your attitude towards self-care and self-compassion?

- What are your long-term plans and outlook for intermittent fasting?

- What rituals or habits did you incorporate to make your fasting more enjoyable or manageable?

- What advice would you offer to others considering intermittent fasting?
