

# 'My Story'

There is no right or wrong way to fill this in. You can put as much or as little information in as you want, it's totally up to you. You can write on it, draw pictures on it or just fill it in however suits you best. This will assist our Health Trainers to work out how they can best support you it's really useful for them to get a sense of who you are and where you are in your life right now.

I THINK

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I FEEL

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I LIKE

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I THINK

I FEEL

FOOD I DON'T LIKE

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FOOD I LIKE

I LIKE

FOOD I LIKE

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FOOD I DON'T LIKE

THINGS I DO

I DO...

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WHEN I GROW UP

WHEN I GROW UP

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