

BDSM Weight Loss: Getting Started Worksheet

1. How much weight do you want to lose? (Be honest but reasonable.)

2. What diets have you tried before and which are you interested in trying this time?

3. How much authority will your Dominant have over your meal planning?

4. How will you plan your meals and snacks?

5. What kind of exercise are you going to do? How often?

6. How will you keep track of and report your progress?

7. How would you like your Dominant to hold you accountable?

8. What can your Dominant do to support or motivate you?

9. What happens if you don't follow your plan?

10. What happens when you do follow the plan but it doesn't work?

11. What happens when you achieve small goals?

12. What happens when you achieve large goals?
