

X-WEIGHTED SEASON III CONFIDENTIAL QUESTIONNAIRE – 2007

The producers of X-WEIGHTED and TAKING IT OFF are searching for overweight participants with unique, affecting and inspiring stories to share and explore. Please apply if you fit the following description:

- ❑ are between the ages of 18 and 45
- ❑ have 30-80lbs you want to lose over 6 months
- ❑ are willing to commit to a serious diet and exercise program for 6 months
- ❑ have circumstances in your life that are touching, compelling or unusual
- ❑ are unafraid to publicly examine the root causes of your weight gain
- ❑ already live in Victoria, Toronto, Calgary, or Winnipeg AND have families, friends or colleagues willing to support you and be part of our show
- ❑ emotionally meaningful, visual goal, that we can film, to work towards in six months that will motivate your weight loss (e.g. a special reunion, wow a lost friend, etc).

To apply please bring this questionnaire and a full body, recent photo to the open casting call, listed below, in your city. You may email questions to xweighted@anaid.com.

CAMBRIDGE SUITES HOTEL - TORONTO
15 Richmond Street East
Saturday, February 24 10am – 4pm
Sunday, February 25 12pm – 6pm

HOLIDAY INN SOUTH – WINNIPEG
1330 Pembina Highway
Saturday, February 24 10am – 4pm
Sunday, February 25 12pm – 6pm

TRAVELLER'S INN CITY CENTER- VICTORIA
1961 Douglas Street (Douglas & Discover)
Saturday, February 24 10am - 4pm
Sunday, February 25 12pm - 6pm

EAU CLAIRE MARKET - CALGARY
200 Barclay Parade SW, Main Level
(former IMAX Lobby) The Community Rm
Saturday, February 24 10am – 4pm
Sunday, February 25 12pm – 6pm

Only applicants chosen for callbacks will be contacted. Calls will be completed by March 18, 2007.

Name: _____

Date of Birth: _____ Age: _____

Male _____ Female _____

Occupation: _____

Height: _____ Weight (best guess): _____

Day Phone: _____

Night Phone: _____

Cell Phone: _____

Email home: _____ Email work: _____

Address: _____

Length of time lived in above city or town: _____

- ❑ Marital Status: Single ____ Dating ____ Married ____ Separated ____ Engaged ____
Common Law _____
- ❑ Are you a parent? Y ____ N ____
- ❑ # of children and their ages: _____
- ❑ If applicable, do you have:
shared custody ____ full custody ____ legal guardianship ____
- ❑ Total # of individuals residing in your household: _____
- ❑ Do you have pets? ____ Describe _____
- ❑ How flexible is your schedule? _____
- ❑ Do you have any on-camera, on-stage experience?
Yes ____ No ____ Describe _____
- ❑ Are you a member of ACTRA? _____
- ❑ Can we film your family? Y ____ N ____
- ❑ Can we film at your workplace? Y ____ N ____
- ❑ Do you understand that being on this show will mean having a camera crew follow you
around occasionally and sporadically in your daily activities involving home, work,
recreation, exercise and (gasp) weigh-ins? Y ____ N ____
- ❑ How will your family feel about being part of a documentary shoot for 6 months?

Please list all the activities you do on a regular basis. Include work, school, family obligations, recreation, hobbies, volunteer duties etc.

[E.g. Mon 7-8 walk dog; 9-5 work; 7-8 watch tv; 8-9 visit mom; 8-9 bingo (1x month)]

Mon: _____

Tues: _____

Wed: _____

Thurs: _____

Fri: _____

Sat: _____

Sun: _____

1) How do you feel about yourself at your current weight?

2) In what ways has your weight affected your:

Overall happiness: _____

Plans/goals: _____

Mental health: _____

Day to day comfort: _____

3) How has it affected relationships? (with family, friends, colleagues)

4) List the top 3 reasons you think you've become this weight:

5) Describe the things that get in the way of your losing weight:

6) Do you believe your weight gain is connected to particular life experiences? _____
Explain: _____

7) Why is it so important to you to lose weight NOW?

8) At the end of six months, what meaningful, visual measure of your success that we can film are you aiming for? (e.g. start dating, try a new sport/venture, wow a lost friend etc?)

Why will this goal motivate you? _____

9) How would other people describe you? (physically, emotionally, professionally)

10) What other challenges/preoccupations do you currently have besides weight loss? _____

11) What aspects of your story are unusual or potentially inspiring?

12) How do you feel about consulting psychologists, stress counselors or other behavioural experts in order to achieve your weight-loss goals?

13) Are you currently involved in a weight-loss program? Y _____ N _____
Describe _____

14) If not, do you have a weight-loss approach selected? Y ____ N ____
Describe _____

15) Are you interested in any of the following approaches?

| | | | |
|---------------------|-------|---------------------|-------|
| Weight Watchers | _____ | Dr. Phil | _____ |
| Jenny Craig | _____ | Atkins Diet | _____ |
| South Beach Diet | _____ | Body for Life | _____ |
| The Zone | _____ | Glycemic Index | _____ |
| Suzanne Somers | _____ | Eat for Blood Type | _____ |
| Dr Bernstein clinic | _____ | French woman's diet | _____ |
| Exercise or Trainer | _____ | Other | _____ |

16) How much weight do you want to lose in a six-month period? _____
*We are looking for people who are committed to losing 30-80lbs over 6 months

17) What are your hobbies, interests, unusual/unique skills?

18) Are there any new sports or activities you would like to try?

19) What major events are scheduled for your life during May 07 – Jan 08?

20) Why are you prepared to put your story and your flaws on TV?

21) Do you watch X-Weighted or Taking It Off? Y ____ N ____
Which participant do you relate to the most? Why?

What do you like the most/least about X-Weighted? _____

22) Why do you think your story would be appealing to viewers?

23) Is there anything else you'd like us to know?

24) How did you hear about the open casting call?

The questionnaires are for the sole purpose of determining suitable candidates for X-Weighted only. All questionnaires will be held in confidence and are not shared with an other organization. Upon completion of the casting process and the delivery of X-Weighted, Season III for broadcast, the questionnaires will be archived.