

Oxygen Magazine – Success Stories Questionnaire

PLEASE READ THIS SECTION CAREFULLY

Thank you for your interest in being featured in Success Stories. This is *not a guarantee* that you will be featured in this section. To help you, here are a few tips for completing your submission:

1. Please read the questionnaire carefully then complete all sections.
2. If a question does not apply to you, please write or type “N/A.”
3. Before submitting photos please read our full guidelines below to ensure all images meet our criteria.
4. Please submit at least two photos apiece of your BEFORE and AFTER images.
5. Please save and send this questionnaire as a “.doc” file. Do not save as a “.docx”, “.pdf” or “zip” file.

Email your responses to SuccessStories@oxygenmag.com. Please be sure to type *Success Stories and your first and last name* into the subject line.

NOTE: This is a basic questionnaire; use it as a template to tell your story briefly. If your story doesn't quite fit this template, please use the last section called “anything else to add” to describe your personal story in a few paragraphs. For example perhaps you didn't lose weight, but needed to gain weight, or overcame a battle with a disease. Everyone's journey is special and unique, so do your best to convey the essential bits to us so we can find out more about you!

BIOGRAPHICAL INFO

Name

Hometown (City/state)

Height

Weight before and after

Dress/clothing size (if you know it) before and after

Birthdate- July 19

Daytime phone number (For Oxygen use only)

Email (For Oxygen use only)

Occupation

Married or single? If married, how long and spouse's name.

Children? If so, names and ages.

Have you ever had any surgery? If so, what sort and when?

Photo credits for images submitted. Please include photographer's name, phone number and

email address. If there is more than one photographer, please list which photographer is responsible for which photos. Be as clear as possible.

Do you have permission to submit these photos for print?

SUCCESS STORY INFO

What was your 'aha' moment - the moment when you realized you had to make changes in your life? (for example, seeing a photo of yourself and not recognizing who you saw, a comment from a friend or child, etc.)

How long did it take you to reach your heaviest weight?

Were you always overweight? If so, was it common in your family to have that tendency toward being heavy?

Were you ever athletic? If so, what sports did you play, how old were you, what positions did you play and how long did you do that activity?

Did you stop being athletic? If so, why?

What role do you think diet had in your weight gain?

What kind of things did you used to eat?

Were you under the impression that some of the things you were eating were good for you? (For example, a salad is good for you until you put a cup of ranch dressing on it, etc.)

Was eating a way of coping for you? If so, what were you trying to soothe in your life?

Once you realized you needed to make changes, what was the very first thing you did to begin your journey?

Did you set any goals? What were they?

Did you enlist help from a friend, family member or professional?

Did you join a gym? If so what was your initial experience there?

What sort of exercise did you do at first (i.e. strength training, cardio, Zumba etc.) and how was your experience with that?

What changes did you make to your diet and nutrition program?

What was the hardest part about changing your eating habits?

Do you have any role models from *Oxygen* or in your hometown that helped you in your transformation?

How long did it take you to lose the weight, meet your goal and get back into shape?

What can you do now physically that you could not do before?

What is your next goal in your new, fit life?

TRAINING TIPS/ HELPFUL HITS FOR OTHER READERS

What do you do when you come face-to-face with some of your old food vices?

What is one of your new favorite healthy recipes?

Do you have any mantras you'd like to share?

What is your favorite bodypart to train and your favorite move for that part?

What is your weekly training split?

What do you do for cardio – how long and how often?

What advice would you give someone who has a lot of weight to lose?

Did your family support your transformation?

Did any of them have a transformation of their own?

Do you have anything else to add? Please do so here.

*****IMPORTANT: Note on submitting your photo(s)*****

HOW TO SUBMIT YOUR BEST PHOTO(S) TO OXYGEN

Please send single, high-resolution images of yourself, both before and after. No collages or grids please!

White walls/backdrops or plain backgrounds are best for print. Do not take photos in a kitchen

or any other room in a house; this looks too cluttered for publication.

Professional photos are a bonus, however, a digital camera (used on the highest resolution/largest setting) is a great option as well.

Clothing should be fitness gear or a conservative bikini or bathing suit.

Full body shots that highlight your physique are best.

Ensure your photos are bright enough for print – dark images will not be published.

Questionably tasteful photos will not be used.

PHOTO CREDITS

Whether a professional photographer or a friend took the photo(s), a full name of that person and/or company is required. Any photo(s) submitted to *Oxygen* will be considered for print in Future of Fitness.

Please ensure that you have permission from your photographer(s) to submit your photo(s) for print.

If you do not include photo credits and do not state that you have permission to use the photo(s), your submission cannot be considered for the magazine.

Although permission is required, please do not submit photos with watermarks or logos on them. These also cannot be considered for the magazine.

Thank you.