**Rice Diet Support - Boot Camp Registration Q&A**

**September 2022**

\*Submit your answers to the following 12 questions via email before September 1, 2022 to Bethany@ricedietsupport.com with Subject: REGISTRATION Q&A

1. In what State/Country do you live?
2. What is your first name?
3. What is your last name?
4. What is your height (feet/inches), and weight (pounds)?
5. Your “Why”: Why do you want to follow the Rice Diet, for example for weight-loss or a health condition?
6. In what way does your weight or your health impact your daily living?
7. In what way might your life look different, better, or easier if you got to your goal?
8. Are you willing to eliminate junk food, processed food, and stop eating at restaurants for 28 days?
9. Are you willing to ­eat only compliant foods from phase 1-3 of the rice diet for 28 days?
10. Are you willing to eliminate caloric beverages and drink only water, plain tea, or black coffee for 28 days?
11. Are you willing to weigh yourself every morning and post it each day in the group for 28 days?
12. Are you willing to record all your food and beverage intake and post it each day in the group for 28 days?