

# My Genetics

## Do the Genes Fit?

Are genetics working for or against you? It's easy to find out. All you need to do is look at your immediate family.

Take a few minutes to answer these questions.

1. Are your parents and siblings at a healthy weight?
2. What about your grandparents, aunts, uncles, and cousins?
3. If not, who is not?
4. Have they gained, lost, and regained weight over time?
5. What struggles have you observed them having with their weight?
6. What similar patterns do you share?