

Weight Loss Readiness Questionnaire

The following questions will help you understand your current lifestyle as you think about taking steps to improve your health and wellness. Score each question and look at your results to decide if you are ready to start this program now. This is for your eyes only and can help you reflect on what matters most to you.

1. Compared to other times when you have tried to lose weight, how motivated are you to lose weight today?

1 Not at all motivated	2 Slightly motivated	3 Somewhat motivated	4 Quite motivated	5 Extremely motivated
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2. How confident are you that you can commit to an extended weight loss program and apply what you learn to your lifetime journey?

1 Not at all certain	2 Slightly certain	3 Certain	4 Quite certain	5 Extremely certain
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3. Thinking about all that is happening in your life right now, is this a good time to start this program?

1 No	2 Maybe not	3 Unsure	4 Maybe	5 Yes
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4. Think honestly about how much weight you hope to lose and how quickly you hope to lose it. If you were to lose one to two pounds per week, how realistic is this expectation?

1 Very Unrealistic	2 Somewhat Unrealistic	3 Moderately Unrealistic	4 Somewhat Realistic	5 Very Realistic
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5. When you are on a diet, do you find yourself thinking a lot about eating your favorite foods?

1 Always	2 Frequently	3 Occasionally	4 Rarely	5 Never
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Weight Loss Readiness Scoring Guide

Add the numbers associated with each answer and compare them with the scoring guide below. Take time to reflect on answers and solutions that might help guide you on your journey.

Your total score:	If you scored: 5-11	If you scored: 12-18	If you scored: 19-25
	This may not be the right time for you to start a formal weight loss program. It may be beneficial to re-evaluate your motivation and commitment before undertaking a formal weight loss program.	You may be close to being ready to start a weight loss program, but you should think about ways to boost your preparedness before you begin.	Based on your goals and attitudes you are prepared to begin a formal weight loss program