

WEIGHT LOSS READINESS QUIZ

Are you ready to lose weight? Your attitude about weight loss affects your ability to succeed. Take this Readiness Quiz to learn if you need to make any adjustments before you begin. Mark each item true or false. Be honest. It's important that your answers reflect the way you really are, not how you would like to be. A method for interpreting your readiness for weight loss follows:

1. ____ I have thought a lot about my eating habits and physical activities to pinpoint what I need to change.
2. ____ I have accepted the idea that I need to make permanent, not temporary, changes in my eating and activities to be successful.
3. ____ I will only feel successful if I lose a lot of weight.
4. ____ I accept the idea that it's best if I lose weight slowly.
5. ____ I'm thinking of losing weight now because I really want to, not because someone else thinks I should.
6. ____ I think losing weight will solve other problems in my life.
7. ____ I am willing and able to increase my regular physical activity.
8. ____ I can lose successfully if I have no "slip up."
9. ____ I am ready to commit some time and effort each week to organizing and planning my food and activity programs.
10. ____ Once I lose some initial weight, I usually lose the motivation to keep going until I reach my goal.
11. ____ I want to start a weight program even though my life is unusually stressful right now.

SCORING THE WEIGHT LOSS REDINESS QUIZ

To score the quiz, look at your answers to items 1,2,4,5,7,9. Score "1" if you answered "true" and "0" if you answered "false."

For items 3,6,8,10,11, score "0" for each true answer and "1" for each false answer. To get your total score, add the scores for all.

If you scored 8 or higher, you probably have good reasons for wanting to lose weight now and a good understanding of the steps needed to succeed.

Ask your doctor to help you or make an appointment to see a nutritionist.