

Are You Ready and Motivated to Lose Weight?

Answer these quick questions to assess how ready you are to achieve a healthier weight.

1. Is there a reason you are seeking treatment at this time?

2. What are your goals about weight control and management?

3. Your level of interest in losing weight is: (circle the number that indicates your level of interest)

Not Interested 1 2 3 4 5 *Very Interested*

4. Are you ready for lifestyle changes to be a part of your weight control program?

Not Ready 1 2 3 4 5 *Very Ready*

5. How much support can your family provide?

No Support 1 2 3 4 5 *Much Support*

6. How much support can your friends provide?

No Support 1 2 3 4 5 *Much Support*

7. What is the hardest part about managing your weight?

8. What do you believe will be of most help to assist you in losing weight?

9. How confident are you that you can lose weight at this time?

Not Confident 1 2 3 4 5 *Very Confident*

Source: Adapted from Kushner, R.F.



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