

Patient Readiness Checklist

This checklist includes a list of more detailed questions that correspond with the National Heart, Lung, and Blood Institute and North American Association for the Study of Obesity Practical Guidelines for evaluating readiness. They can be used to more thoroughly assess patients' readiness and to evaluate for other medical conditions.

Motivation/support

- How important is it that you lose weight at this time?
- Have you tried to lose weight before?
 - What factors have led to your success and what has made weight loss difficult? (For example, cost, peer pressure, family, etc.)
- Who of your family and friends is supportive of your decision to begin a weight loss program?
- What do you consider the benefits of weight loss?
- What would you have to give up in order to lose weight?

Stressful life events

- Are there events in your life right now that might make losing weight especially difficult? (For example, work responsibilities, family commitments?)

Psychiatric issues

- What is your mood like most of the time? Do you feel you have the needed energy to lose weight? Do you feel that you eat what most people would consider a large amount of food in a short period of time? Do you feel out of control during this time?
- Do you ever forcibly vomit, use laxatives, or engage in excessive physical activity as a means of controlling weight?

Time availability/constraints

- How much time are you able to devote to physical activity on a weekly basis?
- Do you believe that you can make time to record your caloric intake?

Weight-loss goals/expectations

- How much weight do you expect to lose?
- How fast do you expect to lose weight?

Source: Kushner, R.F.