

## Weight-Loss Readiness Quiz

This Weight-Loss Readiness Quiz was designed to help you determine if you need to make any attitude adjustments before you begin a weight-loss program. Simply mark each item as True or False – Be Honest! It's important that these answers reflect the way you really are, not how you would like to be. After you complete your answers, you can calculate your score based on the information below the quiz.

You can print this page so that you can write your answers down and keep them with you.

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 to 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 weight successfully if I have no "slip-ups".
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-loss program, even though my life is unusually stressful right now.

### Scoring Your Quiz:

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

For items 3, 6, 8, 10 and 11, score "0" for each true answer and "1" for each false answer.

To get your total score, add the scores of all questions.

No one score indicates for sure whether you are ready to start losing weight. However, the higher your total score, the more characteristics you have that contribute to success. As a rough guide, consider the following recommendations:

1. 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. Still, you might want to learn more about the areas where you scored a "0". (See "Interpretation of Quiz Items").

2. If you scored 5-7 points, you may need to re-evaluate your reasons for losing weight and the methods you would use to do so. To get a start, read the advice given below for those quiz items where you received a score of "0".
3. If you scored 4 or less, now may not be the right time for you to start a weight loss program. While you might be successful in losing weight initially, your answers suggest that you are unlikely to sustain sufficient effort to lose all the weight you want or to keep off the weight that you do lose. You need to reconsider your weight loss motivations and methods and perhaps learn more about the pros and cons of different approaches for weight loss. To do so, read the advice below for those items where you marked "0".

## **Interpretation of Quiz Items:**

Your answers to the quiz can clue you in to potential stumbling blocks to your weight loss success. Any item score of "0" indicates a misconception about weight loss, or potential problem area. While no individual item score of "0" is important enough to scuttle your weight-loss plans, we suggest that you consider the meaning of those items so you can best prepare yourself for the challenges ahead.

1. It has been said that you can't change what you don't understand. You might benefit from keeping records for a week to help pinpoint when, what, why and how much you eat. This tool also is useful in identifying obstacles to regular physical activity.
2. Making drastic or highly restrictive changes in your eating habits may allow you to lose weight in the short-term, but may be too restrictive to live with permanently. Similarly, your program of regular physical activity should be one you can sustain. Both your food plan and activity program should be healthful AND enjoyable.
3. Most people have fantasies of reaching a weight considerably lower than they can realistically maintain. Rethink your meaning of "success". A successful, realistic weight loss is one that can be comfortably maintained through sensible eating and regular activity. Take your body type into consideration. Then set smaller, achievable goals. Your first goal may be to lose a small amount of weight while you learn eating habits and activity patterns to help you maintain it.
4. If you equate success with fast weight loss, you will have problems maintaining your weight. This "quick fix" attitude can backfire when you face the challenges of weight maintenance. It's best – and healthiest – to lose weight slowly, while learning the strategies that allow you to keep the weight off permanently.
5. The desire for and commitment to weight loss must come from you. People who lose and maintain weight successfully take responsibility for their own desires and decide the best way to achieve them. Once this step is taken, friends and family are an important source of support, not motivation.
6. While being overweight may contribute to a number of social problems, it is rarely the single cause. Anticipating that all your problems will be solved through weight loss is unrealistic and may set you up for disappointment. Instead, realize that successful weight loss will make you feel more self confident and empowered,

and that the skills you develop to deal with your weight can be applied to other areas of your life.

7. Studies have shown that people who develop the habit of regular, moderate physical activity are most successful at maintaining their weight. Exercise does not have to be strenuous to be effective for weight control. Any moderate physical activity that you enjoy and will do regularly counts. Just get moving!
8. While most people don't expect perfection of themselves in everyday life, many feel they must stick to a weight loss program perfectly. This is unrealistic. Rather than viewing lapses as catastrophes, recognize them as valuable opportunities to identify problem triggers and develop strategies for the future.
9. Successful weight loss is not possible without taking the time to think about yourself, assess your problem areas, and develop strategies to deal with them. Success takes time. You must commit to planning and organizing your weight loss.
10. Do not ignore your concerns about "going the distance" because they may indicate a potential problem. Think about past efforts and why they failed. Pinpoint any reasons, and work on developing motivational strategies to get you over these hurdles. Take your effort one day at a time; a plateau of weight maintenance within an ongoing weight loss program is perfectly OK.
11. Weight loss itself is a source of stress, so if you are already under stress it may be difficult to successfully implement a weight loss program at this time. Try to resolve other stress sources in your life before you begin a weight loss effort.

Have questions? Need help putting together a sensible weight loss program? Contact Scott at [scott@readytoexercise.com](mailto:scott@readytoexercise.com) for an initial consultation!