Individual Readiness for Change Questionnaire

This questionnaire is designed to help you and your doctor decide if this is a good time in your life for you to begin a weight management program. Just be as honest with yourself and your doctor as you can and circle the answers you feel most apply to you.

Name_________________________________________

Date________________

A. Do you feel motivated to lose excess body fat at this time?

0 Not at all motivated
1 Slightly motivated
2 Somewhat motivated
3 Quite motivated
4 Extremely motivated

B. How motivated are you to change your eating habits at this time?

0 Not at all motivated
1 Slightly motivated
2 Somewhat motivated
3 Quite motivated
4 Extremely motivated

C. How motivated are you to increase your physical activity at this time?

0 Not at all motivated
1 Slightly motivated
2 Somewhat motivated
3 Quite motivated
4 Extremely motivated

D. How motivated are you to try new strategies/techniques for changing your Dietary, physical activity and other health related behaviors at this time?

0 Not at all motivated
1 Slightly motivated
2 Somewhat motivated
3 Quite motivated
4 Extremely motivated
E. People who want to achieve long-term weight control need to spend time every day trying to plan for healthy meals, physical activity and behavior change. How confident are you that you can devote time and effort, now and over the next few months?

   0  Not at all confident
   1  Slightly confident
   2  Somewhat confident
   3  Quite confident
   4  Extremely confident

F. How confident are you that you will be able to record everything you eat and drink and your movement, most days of the week for 2-4 weeks?

   0  Not at all confident
   1  Slightly confident
   2  Somewhat confident
   3  Quite confident
   4  Extremely confident

G. How satisfied would you be if you achieved a 10% weight loss that significantly improved your health and quality of life?

   0  Not at all satisfied
   1  Slightly satisfied
   2  Somewhat satisfied
   3  Quite satisfied
   4  Extremely satisfied
Interpretation of Readiness for Weight Management Questionnaire

Motivation Add Score
A____
B____
C____
D____
Total ______

Confidence Add Score
E____
F____
Total ______

Expectations Add Score
G____

Added Total from 3 areas __________

A score from 0-8 This may not be the best time for you to start a weight loss program. Inadequate motivation could block your progress. You may want to wait until feeling more confident in your ability to change behavior. By considering realistic weight loss goals and understanding the health benefits of just 10% Body Weight loss, may help you progress forward. You are likely in a “pre-contemplative” stage for readiness to change.

A score from 9-19 You are close to being ready to begin a weight reduction program but should start thinking about ways to increase motivation and boost confidence in your ability to change before beginning. Try to focus on the reasons for changing your lifestyle to achieve weight reduction. It’s not all about the numbers on the scale! You are likely in a “contemplative” stage for readiness to change.

A score from 20-28 You have the necessary motivation and confidence to start a weight management program! Your expectations are right on target! You are in “preparation” phase for change and ready to move toward ACTION Phase!!