

- ✓ Answer the questions below to see how well your attitudes equip you for a weight loss program.
- ✓ For each question, circle the answer that best describes your attitude.

## Section 1: Goals and Attitudes

- 1) Compared to previous attempts, how motivated are you to lose weight at this time?
  - 1 Not at all motivated
  - 2 Slightly motivated
  - 3 Somewhat motivated
  - 4 Quite motivated
  - 5 Extremely motivated
- 2) How certain are you that you will stay committed to a weight loss program for the time it will take to reach your goal?
  - 1 Not at all certain
  - 2 Slightly certain
  - 3 Somewhat certain
  - 4 Quite certain
  - 5 Extremely certain
- 3) Consider all outside factors at this time in your life (the stress you're feeling at work, your family obligations, etc.). To what extent can you tolerate the effort required to stick to a program?
  - 1 Cannot tolerate
  - 2 Can tolerate somewhat
  - 3 Uncertain
  - 4 Can tolerate well
  - 5 Can tolerate easily
- 4) Think honestly about how much weight you hope to lose and how quickly you hope to lose it. Figuring a weight loss of one to two pounds per week, how realistic is your expectation?
  - 1 Very unrealistic
  - 2 Somewhat unrealistic
  - 3 Moderately unrealistic
  - 4 Somewhat realistic
  - 5 Very realistic
- 5) While losing weight, do you fantasize about eating a lot of your favorite foods?
  - 1 Always
  - 2 Frequently
  - 3 Occasionally
  - 4 Rarely
  - 5 Never
- 6) While losing weight, do you feel deprived, angry and/or upset?
  - 1 Always
  - 2 Frequently
  - 3 Occasionally
  - 4 Rarely
  - 5 Never

## Section 2: Hunger and Eating Cues

- 7) When food comes up in conversation, in something you read, or appears on a television commercial, do you want to eat even if you are not hungry?
- 1 Never
  - 2 Rarely
  - 3 Occasionally
  - 4 Frequently
  - 5 Always
- 8) How often do you eat because of physical hunger?
- 1 Always
  - 2 Frequently
  - 3 Occasionally
  - 4 Rarely
  - 5 Never
- 9) Do you have trouble controlling your eating when your favorite foods are around the house?
- 1 Never
  - 2 Rarely
  - 3 Occasionally
  - 4 Frequently
  - 5 Always

## Section 3: Emotional Eating

- 17) Do you eat more than you would like to when you have negative feelings, such as anxiety, depression, anger, or loneliness?
- 1 Never
  - 2 Rarely
  - 3 Occasionally
  - 4 Frequently
  - 5 Always
- 18) Do you have trouble controlling your eating when you have positive feelings – do you celebrate feeling good by eating?
- 1 Never
  - 2 Rarely
  - 3 Occasionally
  - 4 Frequently
  - 5 Always
- 19) When you have unpleasant interactions with others in your life, or after a difficult day at work, do you eat more than you would like?
- 1 Never
  - 2 Rarely
  - 3 Occasionally
  - 4 Frequently
  - 5 Always

## Section 4: Exercise Patterns and Attitudes

- 20) How often do you exercise?
- 1 Never
  - 2 Rarely
  - 3 Occasionally
  - 4 Frequently
  - 5 Always
- 21) How confident are you that you can exercise regularly?
- 1 Not at all confident
  - 2 Slightly confident
  - 3 Somewhat confident
  - 4 Quite confident
  - 5 Extremely confident
- 22) When you think about exercise, do you develop a positive or negative picture in your mind?
- 1 Completely negative
  - 2 Somewhat negative
  - 3 Neutral
  - 4 Somewhat positive
  - 5 Completely positive
- 23) How certain are you that you can work regular exercise into your daily schedule?
- 1 Not at all certain
  - 2 Slightly certain
  - 3 Somewhat certain
  - 4 Quite certain
  - 5 Extremely certain