



# Readiness for Change Questionnaire

Name: \_\_\_\_\_ Date: \_\_\_\_\_

One of the most important things you can do to change your lifestyle for the better is understand your readiness for change. In other words, although you might *want* to be in great shape, there's a difference between wanting it and being ready to do the work necessary to accomplish it. In this questionnaire we'll find out if you're really ready to make the changes necessary to improve your body composition, health, and physical performance.

Simply answer the questions below by selecting the response most appropriate to your situation. Once you've completed all the questions, your score will be calculated. And remember, be honest. You're doing this exercise to find out if you're really ready to make a lifestyle change. So don't lie to yourself.

## READINESS FOR CHANGE QUESTIONNAIRE

### QUESTIONS:

### RESPONSES AND SCORING

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|---|--|
| 1. Do you look in the mirror and feel frustrated, upset, or humiliated because of how your body looks?  | a) Yes (+3)<br>b) I'm not sure (0)<br>c) No (-3)   |
| 2. When you feel run down and tired, what do you think is the source of these feelings?   | a) Getting older (-1)<br>b) My lifestyle choices (+3)<br>c) Something else altogether (-3)   |
| 3. Are you taking any medications for heart disease, high blood pressure, or type II diabetes that you didn't have to take when you were younger?                                       | a) Yes, I'm on two or more of these medications (+3)<br>b) Yes, I'm on only one of these medications (+1)<br>c) No, I'm not on any of these medications (-3)                         |
| 4. How do you explain the fact that you're in worse shape than when you were younger but haven't changed your habits at all?  | a) I think it's my family history (-1)<br>b) I think it's that I'm less active (+3)<br>c) I think it's a natural consequence of aging (-1)<br>d) I don't know why it's happening (0) |
| 5. If you don't have anyone to exercise with regularly, are you willing to look for a physical activity partner?  | a) Yes (+5)<br>b) No (-5)  |
| 6. Are you willing to join a gym today?   | a) Yes (+3)<br>b) No (-3)  |
| 7. If someone told you that you'd need to throw away all the foods in your cupboards today and go shopping for different foods that are more appropriate to your goal, would you do it? | a) Yes (+5)<br>b) No (-5)  |
| 8. If an expert presents some information on diet and exercise that contradicts what you currently believe, what approach will you take?  | a) Keep an open mind and give it a try (+3)<br>b) Ask a friend (0)<br>c) Ignore the advice (-3)  |
| 9. Are you willing to have a meeting with your friends and loved ones and share your behavior goals and desired outcomes with them?   | a) Yes, right away (+5)<br>b) Yes, but not just yet (-3)<br>c) No (-5)   |

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### RESPONSES AND SCORING

- |   |   |
|---|---|
| 10. If your work environment presents significant barriers to you exercising and eating well, would you consider speaking to your employer about changing some of these conditions or are you willing to find new employment? | a) Yes (+5)<br>b) No (-5)   |
| 11. Are you ready to spend less time with people who offer little or no social support for your goals while spending more time with those who do offer support?   | a) Yes (+5)<br>b) No (-5)   |
| 12. Can you accept responsibility for the way your body is today and understand that, while your old habits don't make you a bad person, they still need to be changed?   | a) Yes (+5)<br>b) No (-5)   |
| 13. If a friend or loved one suggests that you don't have what it takes to get into great shape because you've failed before or for some other reason, what will be your response?  | a) I can do it (+2)<br>b) I know I've got to make some changes but I'll take it one day at a time (+5)<br>c) Maybe I can't do it (-5) |
| 14. Are you willing to wake up in the morning a bit earlier and stay up at night a bit later to accomplish your goals?  | a) Yes (+5)<br>b) No (-5)   |
| 15. Are you willing to do at least five hours of physical activity each week?   | a) Yes (+5)<br>b) No (-5)   |

### YOUR SCORE AND WHAT IT MEANS

#### 21 to 63:

It's clear that changing the way you look, feel, and perform have become very important to you and you realize that the way you're doing things right now simply isn't cutting it. You're tired of not getting results, and you're tired of your growing waistline, your sluggish metabolism, and your lack of energy. And not only are you tired of it, you're committed to doing something about it – today. Congratulations! Getting to this point takes a lot of work. Now, let's do something about it.

#### -20 to +20:

If you scored in this range, it's important for you to stop thinking and start doing. You're probably frustrated with the way things are, but you're afraid that changing the way you do things will cause you more hassle and difficulty than just sitting back, doing nothing, and continuing to look and feel the way you do today. In fact, you're not alone. This is most people's greatest fear: that a new exercise and nutrition program will cause more pain than the pain they feel right now.

If this is you, step outside of your shell and seek out some people who are exercising, eating well, getting results, and having fun doing it. Clearly, millions of people out there are following a healthy lifestyle and loving every minute of it. But thinking that they never had difficulties to overcome like you do is a mistake. At some point in time each and every one of them had some old set of unproductive habits to discard. Once this was accomplished, they could easily get into the zone. And you can, too. What are you waiting for?

#### -61 to -21:

From the results of your questionnaire, it doesn't look like you really want to change. Is this true? Are you simply toying with the idea of improving your physical activity habits and eating habits? If so, you're not really ready to make a change. With each passing year that you avoid good activity and nutrition habits your risk for disease increases. Not only that, you'll progressively gain fat, lose muscle, and look much older than your actual age. These are the consequences of remaining indifferent to the medications you're on, the weight you've gained, and the environment with which you've surrounded yourself.

Are you ready to deal with these things? Don't stay indifferent any longer. Take an honest look at how you've changed (on the inside and out) and admit that you could use a tune-up.