

Get Ready

Readiness Survey

INSTRUCTIONS: Use this survey to see how ready you are to release some pounds and inches. Read each statement. Then place a check (✓) in the box that matches how well you agree or disagree with each statement. Select the first answer that comes to mind. There is no right or wrong answer, just the one that matches how you currently feel. Score yourself at the end.

Definitely Agree Somewhat Agree Neither Agree/Disagree Somewhat Disagree Definitely Disagree

I've been thinking the past couple of months that it's time I dropped some weight	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I've been learning these past several months about healthy foods that are better for me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Recently I've been listening more to my family, friends or doctor about how I need to drop some weight	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I've been looking at new cookbooks/websites/ magazines/ TV shows these past several months to get new ideas on tasty and healthy foods	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I worry about my health because of my weight	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel there is hope for me when I hear how others have lost weight on this program	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Choosing healthy food is something that comes naturally for me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I want to lose weight because I'm tired of the pressures from others	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I'd be willing to stop eating my favorite food that I know is not good for me if it meant I could drop some weight	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I'd like to be seen as someone who is in control of her or his diet	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I'd like to be seen as a person who is in shape and who looks healthy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am motivated to release weight for myself no matter what others think about those who carry extra weight.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Once I set my mind to something, I stick to it	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Even if my friends or family aren't supportive of my new healthier food choices, I have the commitment to stick to the program	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I'd be willing to replace the junk and high fat foods in my cupboards and refrigerator if I had to in order for me to be successful at dropping some weight	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I'm interested in making different meal and snack choices to release some weight	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I plan to give myself a big reward when I reach my weight loss goal	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I plan to weigh myself every day to keep track of my weight loss progress	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel like I'm finally ready to really lose some weight and keep it off	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I understand the goal of the Weight Balancing System is to release weight and keep it off	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
SCORING: Add up the number of check marks per column					
Then multiple each column by its respective number	10	7	5	3	0
TOTAL PER COLUMN:					
GRAND TOTAL (add all columns together):					