

Get Ready

Readiness Survey

HOW READY ARE YOU?: Write down your Grand Total Score from the other side. Match your score to the category below to see how ready you are to release some significant pounds and inches.

Your Grand Total Score: _____

How Ready Are You?

READY (Score: 115 - 200)

You're ready. You may have been thinking about this for a while or you may have just finally decided it's time. Either way, you want to get going. You're ready to take action starting from today to within the next week or two, as you have your date on the calendar. While you may not have every step clear on what you will do, you know enough to be confident you can do this and get the weight loss results you want. You want to be successful and are not going to let anything get in your way. You see yourself as being successful. **RECOMMENDATION: You have an strong opportunity for success. Purchase the WBS and take your "before" pictures. You're ready to get real results.**

NEARLY READY (Score 75 - 114)

You're nearly ready. You've got good momentum towards the activities that will lead you to a successful experience. You've been learning more about what you'll need to do to drop some significant weight. And you're more open than not to consider those changes that will help you achieve your goal. You're likely planning to get started within the next month or so and are ready to place a date on the calendar. There may be just a few areas that are holding you back. Even with those few items, you are on the edge of beginning your journey to a new you. **RECOMMENDATION: You may want to purchase the Weight Balancing System now to have everything on hand when you confirm your start day on the calendar. Your potential for success is good, especially when making and preparing healthy food choices is a priority.**

STARTING TO GET READY: (Score 50 - 74)

You're starting to get ready. You've begun to pay some attention to healthier foods and are starting to notice information about better food choices—although you haven't made any real changes yet. You're starting to listen more to what others are saying—your family, friends, even your doctor. You may have the feeling that you'll likely start to do something in the next 1-6 months, but not now. You've begun to do some research on what might work for you—surfing the web, reading, even watching a few minutes about weight loss on a TV program. You may not be sure which program is best for you as you're still looking at some of the many options. **RECOMMENDATION: Look into more information about the Weight Balancing System and what you need to best prepare to ensure the program is the best match to your needs. You may want to wait to purchase the WBS until you're a bit more ready to take action to release some pounds and inches.**

NOT READY YET: (Score 0 - 49)

You're not ready yet. You're not interested enough in learning about choosing healthy foods and what you need to do to lose weight successfully. You likely don't feel a need to drop some pounds and inches at this time. Even if other people are suggesting that you should lose weight, you're not really buying it. You might even get annoyed with them. While you may have some occasional thoughts about dropping some weight, other things override that idea, so you're not yet ready. Maybe you'll start to do something in six months or so. But for now, you're fine with where you are and the potential need to change is not strong enough for you to get ready to take action. **RECOMMENDATION: You may want to revisit the Weight Balancing System program in 4-6 months to see if you are more ready. If for some reason you are thinking of doing the WBS program now, you'll want to work closely with your Independent Distributor and Loving Works for support that can help you be successful.**

For more information contact your local
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