

# Readiness for Change Questionnaire

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

One of the most important things you can do to develop new daily practices is to understand your readiness for change. In addition, as your coach, it's useful for me to understand how willing you are to adopt some new practices, as slowly or as quickly as feels right for you.

Simply answer the questions below by selecting the response most appropriate to your situation. Together we'll calculate your score.

## 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. If your fitness has deteriorated over the years, 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 slowly work up to 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 you're ready, willing, and able to adopt some new daily practices. Getting to this point is never easy. So congratulations. I look forward to helping you take that enthusiasm and turn it into results.

#### -20 to +20:

If you scored in this range, it seems like you're on the fence. You may be frustrated with the way things are but a little nervous about changing the way you do things today. Those feelings are totally normal and natural. I'm happy to help you move forward at the right pace for you.

#### -61 to -21:

From the results of your questionnaire, it seems like you're apprehensive about the change process. And that's totally okay. Most of my new clients experience the same thing, as this area can feel completely foreign to them. At this point, I'm happy to simply provide a healthy environment for you to consider adopting some new daily practices. They can be as small as you like; we'll go at your pace.