

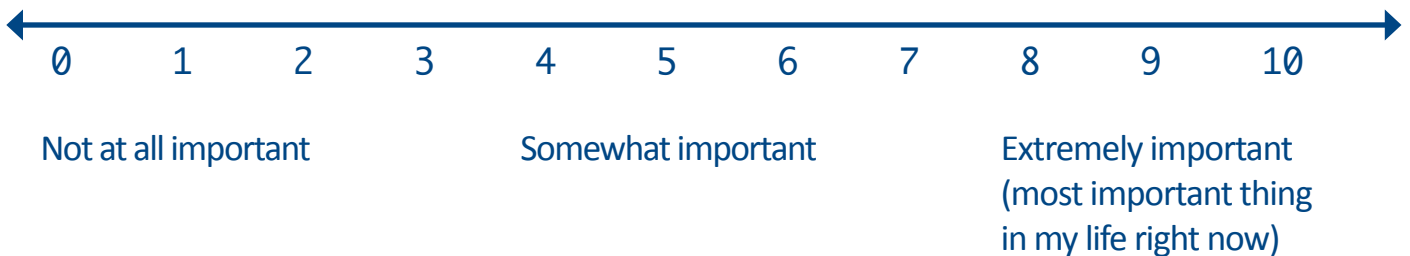
www.nhsforthvalley.com/weight

Are You Committed & Ready to Lose Weight?

This worksheet can help you to see if you are ready to start managing your weight right now.

Self-Rate Importance

On a scale of 0-10 how important is it for you to lose weight right now? Try scoring yourself on the scale below:



My importance rating is _____

After you have chosen where you fit on the scale above, here are a few questions you may wish to ask yourself.

- Why am I a _____ (insert your score) and not a zero?
- What would it take for me to get from _____ (insert your score) to _____ (the next higher number)?

Importance Score

- | | |
|--------|---|
| 7 - 10 | You are really keen to get started and may have already started to plan changes to manage your weight. |
| 5 - 7 | You feel it is important to make changes but other issues in your life are equally important. It is okay to have these feelings. Remind yourself why you personally want to lose weight and the benefits you would achieve. |
| 3 - 5 | This may not be the right time for you to begin a weight management programme as other issues in your life seem to be taking priority. Give it time then retake this exercise. Your feelings may have changed. |
| <3 | You may not feel this is the right time to lose weight. You need to be in the right frame of mind to have any success!! |

Self-Rate Confidence

On a scale of 0-10 how confident are you that you can make changes to your lifestyle - diet and physical activity levels?

Try scoring yourself on the scale below:



Not at all confident

Somewhat confident

Extremely confident

My confidence rating is _____

After you have chosen where you fit on the scale above, here are a few questions you may wish to ask yourself.

- Why am I a _____ (insert your score) and not a zero?
- How could I get from _____ (insert your score) to _____ (a higher number)?

If you are not confident and do feel it is important for you to lose weight, now may not be the best time to begin any weight management programme.

However, if you feel confident and think it is very important for you to start to manage your weight then read on. This website 'Choose to Lose' has practical tips, advice and downloadable resources and tools which will help and support you make healthier lifestyle choices.