



www.nhsforthvalley.com/weight

Are you committed and ready to lose weight?

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

Self-Rate Importance: Try scoring yourself on the scale below:

On a scale of 0 – 10, how **important** is it for you to make changes to lose weight?



My importance rating is _____

Importance Score	What does this mean?
8 - 10	You're likely to be ready to get started or may have already started to make some changes.
6 - 7	You feel it is important to make changes but other issues in your life may be equally important. It's ok to have these feelings. Remind yourself of the good things that will happen if you lose weight.
4 - 5	This may not be the right time for you to begin focusing on your weight. Other issues in your life may be taking priority.
0 - 3	You may not feel this is the right time to start thinking about losing weight. Give yourself a little time then re-take this test at a later date to see if things have changed. You need to be in the right frame of mind to have any success!!

Self-Rate Confidence: Try scoring yourself on the scale below:

On a scale of 0 – 10, how **confident** are you that you can make changes to your lifestyle, diet and physical activity levels to lose weight?



My confidence rating is _____

Confidence Score	What does this mean?
5 - 10	If your score is 5 or more, that's great, you're ready to get started losing weight! Use these worksheets and go to the 'Choose to Lose' website to get further help and support on making healthier lifestyle changes.
0 - 4	If your score is 4 or less, you may not be feeling confident at this point in time, however losing weight may still be important to you. If you start to work your way through this workbook and visit our 'Choose to Lose' website you will get practical tips, advice and support on losing weight. You may find your confidence grows as you work through the Choose To Lose web pages and start to plan changes. If you're not confident and don't feel losing weight is important, now may not be the right time for you. Give yourself some time and re-take this test at a later date to see if things have changed.