



Weight-loss Survey

Name: _____

Date: ____/____/____

Circle your answer and add up your points. If you don't have an answer for the question, take your best guess at the answer. Results are at the end.

1. Are you uncomfortable with your weight/size?

- a. Yes, in fact I worry about my health. *5 pts*
- b. Yes, I would really like to fit in my clothes again. *3 pts*
- c. Yes, I would really like to lose some weight. *3 pts*
- d. Not really, I just want to tone up. *1 pt*
- e. Not at all, I feel great with my body! *0 pts*

2. Do you care about your body mass index?

- a. 30 pounds or above ideal body height/weight. *10 pts*
- b. Between 15 and 25 pounds above ideal body height/weight. *6 pts*
- c. Between 5 and 10 pounds above ideal body height/weight. *3 pts*
- d. Below 5 pounds above ideal body height/weight. *0 pts*

3. When you eat a really big meal you:

- a. Feel sick and nauseated for hours. *5 pts*
- b. Feel uncomfortable for a while, but unbuttoning your pants gives relief. *3 points*
- c. Sometimes feel a little drowsy, but not really sick. *1 pt*
- d. No meal is too big...you even get hungry sometimes within an hour. *0 pts*

4. When you sweat:

- a. It smells almost like I'm sweating hamburger grease. *5 pts*
- b. It smells like I forgot my deodorant that day. *4 pts*
- c. The smell is entirely covered by my deodorant. *1 pt*
- d. It just cools me off, but I don't notice it otherwise. *0 pts*

5. How close do you think you are to your target size?

- a. I am more than 5 sizes over my target size. *10 pts*
- b. I am within 3-5 sizes of my target size. *6 pts*
- c. I am within 1-2 sizes of my target size. *3 pts*
- d. I am at or below my target size. *0 pts*

6. How many times do you eat each day?

- a. Once, if I remember to. *15 pts*
- b. One to three times a day, depending on how busy I am. *10 pts*
- c. It varies, but I usually fit in three square meals a day. *6 pts*
- d. Whenever I feel hungry, I eat just enough to satisfy the hunger, usually four or five times a day. *3 pts*
- e. I make sure that my metabolism is constantly at work, and eat at least six times a day. *0 pts*

7. Have you ever borne children?

- a. Yes, more than four! *5 pts*
- b. Yes, two to four. *4 pts*
- c. Yes, one child. *3 pts*
- d. No, I have not. *0 pts*

8. Do you have a comfort food that you eat often, especially during times of stress? (i.e. coke, Girl Scout cookies, ice cream, etc.)

- a. Yes, and I constantly have some on me. *5 pts*
- b. Yes, and I have some at least once a day. *4 pts*
- c. Yes, and I crave it every day, but try to control how much I eat. I eat it probably four or five times a week. *3 pts*
- d. Yes, but I only eat it if it's readily available. Maybe once a week or three times a month. *2 pts*
- e. No, I have no idea what you are talking about. *0 pts*

(continues on back side)

(con't)

9. My diet usually consists of:

- a. Whatever is on menu at McDonald's. 10 pts
- b. Whatever is quick and easy. 6 pts
- c. Whatever is cooked for me. 3 pts
- d. A carefully planned mix of carbs, fiber, fat and protein. 0 pts

10. Have you ever tried a diet pill/drink in the past?

- a. I am taking one right now. 5 pts
- b. I have taken them, but have been trying to do this on my own. 3 pts
- c. Once I participated in such a program, but I'm not really interested. 1 pt
- d. Never—If I have a problem with my weight/size, I take charge myself. 0 pts

11. How often do you spend just exercising?

- a. I have no regular schedule for exercise that I truly follow. 5 pts
- b. I exercise when I remember, maybe once a week. 4 pts
- c. I have a schedule that I would like to follow, but I'm not motivated, so I usually only follow it every other week. 3 pts
- d. I try to keep up on my exercise, but lack total commitment. Maybe two or three times a week. 3 pts
- e. I have at least 90 minutes a week devoted to exercising, even if I'm just walking around. 1 pt
- f. I have a planned regimen I follow every day. 0 pts

12. Do you really believe that you will ever reach your target size/weight?

- a. No. When I make an effort, it is only half-hearted because I know it won't work anyway. 10 pts
- b. No. But I am going to die trying. 6 pts
- c. Maybe. But I'm not really committed enough to change my life. 8 pts
- d. Yes, but I am scared of failure, so I look for fast-loss methods. If they work I will keep up my health from there. 6 pts
- e. Yes, and I understand that the only way to achieve it is to work hard and stay committed, no matter how long it takes. 3 pts
- f. I am already where I want to be. 0 pts

RESULTS

If you scored over 60 points, you may be at serious risk for life-threatening health conditions, such as heart disease and diabetes. Your hormones and blood sugar levels may be way out of normal range, furthering your risk for not only weight-related disease, but autoimmune disease as well. It may be in your best interest to speak with a medical professional about some lifestyle changes. Before you will lose any weight or inches, you will need to regulate your metabolism. This can be a very complex process, involving more than just taking “diet pills.”

If you scored 40-60 points, you recognize a need for a big change, but aren't really motivated. You may want to try a life plan, which will walk you through the entire process of obtaining health, as well helping you learn what your body really needs. But be wary, a real life plan for you can only be designed by you. If you look for assistance in setting up this plan, make sure you are working with qualified individuals who are willing to work with your body's needs, not just offering a sales pitch.

If you scored 25-39 points, you aren't really unhealthy or overweigh, just looking to lose your last couple of pounds, or stop gaining before it is too late. This is not easily accomplished, as most people in this category have hit a “plateau.” Consider contacting a personal trainer on how to exercise most efficiently and how to make your diet work for you. Remember, your body fat is now considered an organ, and you need to take care of it, just like you do your heart. Just doing 1000 crunches every day won't bring your fat cells back to good health.

If you scored 10-24 you have a very clear understanding of good health and nutrition. Congratulations. You may want to re-evaluate your diet to be certain you are getting all of the vitamins, minerals, essential fatty acids and essential amino acids needed to keep your body in perfect health. Because your body fat is not your main concern, you may want to check if your immune-system is in balance. It can be devastating to lose your incredible metabolism to an untimely illness.

If you scored 0-10 points, you are amazing! Share your wealth of knowledge with others to help bring them back to good health. In fact, you may want to consider using a “bulking” supplement to support muscle and bone health.

