

Weight Loss Mindset Assessment

Disclaimer

This is a self-assessment tool, not diagnostic and should be reviewed with your physician.¹

Instructions

Answer the questions below to see how ready you are to make a lifestyle change. For each question choose the answer that best describes your attitude. When you complete the section, add the numbers of your answers and compare them with the scoring guide at the end.

Questions

1. Compared to previous attempts, how motivated to lose weight are you this time?

1. Not at all motivated
2. Slightly motivated
3. Somewhat motivated
4. Quite motivated
5. Extremely motivated

2. How certain are you that you will stay committed to a weight loss program for the time it will take you to reach your goal?

1. Not at all certain
2. Slightly certain
3. Somewhat certain
4. Quite certain
5. Extremely certain

3. Consider all outside factors at this time in your life (the stress you're feeling at work, your family obligations, etc.). To what extent can you tolerate the effort required to stick to a diet?

1. Cannot tolerate
2. Can tolerate somewhat
3. Uncertain
4. Can tolerate well
5. Can tolerate easily

4. Think honestly about how much weight you hope to lose and how quickly you hope to lose it. Figuring a weight loss of 1 to 2 pounds per week, how realistic is your expectation?

1. Very unrealistic
2. Somewhat unrealistic

3. Moderately unrealistic
4. Somewhat realistic
5. Very realistic

5. While dieting, do you fantasize about eating a lot of your favorite foods?

1. Always
2. Frequently
3. Occasionally
4. Rarely
5. Never

6. While dieting, do you feel deprived, angry and/or upset?

1. Always
2. Frequently
3. Occasionally
4. Rarely
5. Never

TOTAL SCORE _____

If you scored

6 to 16	This may not be a good time for you to start a weight loss program. Inadequate motivation and commitment together with unrealistic goals could block your progress. Think about those things that contribute to this, and consider changing them before undertaking a diet program.
17 to 23	You may be close to being ready to begin a program but should think about ways to boost your preparedness before you begin.
24 to 30	The path is clear with respect to goals and attitudes.

¹Institute of Medicine (US) Committee to Develop Criteria for Evaluating the Outcomes of Approaches to Prevent and Treat Obesity; Thomas PR, editor. *Weighing the Options: Criteria for Evaluating Weight-Management Programs*. Washington (DC): National Academies Press (US); 1995. B, *The Diet Readiness Test and the General Well-Being Schedule*. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK236747/>