

# Blissfully Lively

## Readiness for Change Questionnaire

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)
  - B. Ask a friend (0)
  - C. Ignore the advice (-3)
9. Are you willing to have a meeting with your friends and loved ones and share your behaviour goals and desired outcomes?
- A. Yes, right away (+5)
  - B. yes, but not yet (-3)
  - C. No (-5)
10. 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?
- A. Yes (+5)
  - B. No (-5)
11. 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)
  - B. No (-5)
12. If a friend or a 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)
  - B. I know i've got to make some changes but i'll take it one day at a time (+5)
  - C. Maybe I can't do it (-5)
13. 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)
  - B. No (-5)
14. Are you willing to slowly work up to five hours of physical activity each week?
- A. Yes (+5)
  - B. No (-5)

