

Am I ready to lose weight?



Making changes to lose weight is a real commitment. Without a true commitment, I am not likely to succeed at weight loss. Making a commitment greatly increases my chances of success!

**There will be times my commitment may seem too difficult.
Focus on the positive and get right back on track.
I should only make a commitment when I am ready.**

How do I know I am ready?

1. How much time and energy am I willing to put into my health right now? (1 = none, 10 = whatever it takes)

1 2 3 4 5 6 7 8 9 10

2. Think about all of the other obligations and stressors in my life right now. How much attention will I be able to put into improving my health over the next 8 weeks? (1 = none, 10 = whatever it takes)

1 2 3 4 5 6 7 8 9 10

If you circled 7 or lower, you may not be ready to make this change right now.

What is my biggest challenge in weight loss?

What am I willing to change in order to be successful?
