



Individual Readiness to Change Questionnaire

The following questions can help you assess if this is the right time for you to participate in the Journeys Metabolic Program. Be honest with yourself. Participation takes commitment and a sincere desire to make changes that will impact your overall health.

- A. Do you feel motivated to lose excess body weight/fat currently?
 - 0. Not at all motivated
 - 1. Slightly motivated
 - 2. Somewhat motivated
 - 3. Quite motivated
 - 4. Extremely motivated

- B. How motivated are you to change your eating habits currently?
 - 0. Not at all motivated
 - 1. Slightly motivated
 - 2. Somewhat motivated
 - 3. Quite motivated
 - 4. Extremely motivated

- C. How motivated are you to increase your physical activity currently?
 - 0. Not at all motivated
 - 1. Slightly motivated
 - 2. Somewhat motivated
 - 3. Quite motivated
 - 4. Extremely motivated

- D. How motivated are you to try new strategies/techniques for changing your health behaviors currently?
 - 0. Not at all motivated
 - 1. Slightly motivated
 - 2. Somewhat motivated
 - 3. Quite motivated
 - 4. Extremely motivated

- E. The Program will teach you the tools for long term success. Some of these include tracking your daily food intake and physical activity, taking time to meal prep, building a sleep routine. How confident are you that you can devote daily time and effort to these activities?
0. Not at all motivated
 1. Slightly motivated
 2. Somewhat motivated
 3. Quite motivated
 4. Extremely motivated
- F. How confident are you that you will be able to record everything you eat and drink and your movement, most days of the week for 10-12 weeks?
0. Not at all motivated
 1. Slightly motivated
 2. Somewhat motivated
 3. Quite motivated
 4. Extremely motivated
- G. How satisfied would you be if you achieved a 5%-10% weight loss that significantly improved your wellness and overall quality of life?
0. Not at all satisfied
 1. Slightly satisfied
 2. Somewhat satisfied
 3. Quite satisfied
 4. Extremely satisfied

Interpretation of Readiness for Health Improvement Questionnaire

Motivation Add Score A _____
 B _____
 C _____
 D _____
Total _____

Confidence Add Score E _____
 F _____
Total _____

Expectations Add Score G _____

Added Total from 3 areas. _____

A score from 0-8 You are likely in a **"pre-contemplative" stage for readiness to change.** This may not be the ideal time for you to participate in the Journeys Metabolic program. Inadequate motivation could block your progress and success. Current life situations may be preventing you from being ready. You may want to wait until your situation changes, or you feel more confident in your ability to change behavior. We encourage you to think about WHY you want to improve your health. What would change in your life if your overall health improved? Journal the pros and cons and come back when you are ready to be reassessed.

A score from 9-19 You are likely in a **"contemplative" stage for readiness to change.** You are close to being ready to commit to the Journeys Metabolic Program but should start thinking about ways to increase motivation and boost confidence in your ability to change before making the commitment to the program. Try to focus on the reasons for changing your lifestyle. What are your long-term goals for your health? It's not all about the numbers on the scale! Do You have a strong support system or buddy to help support you? If you believe you are ready, go public with it! Let your friends and family know, ask for continued encouragement. Enroll when you feel ready!

A score from 20-28 You have the necessary motivation and confidence to start the Journeys Metabolic Program! Your expectations are right on target! You are in the **"preparation" phase for change and ready to move toward ACTION Phase! Enroll Today.**