

Women's Lifestyle Center

Name: _____

Please take a moment to answer the following questions about your interest in diet and exercise. You will be able to discuss your answers in a meeting with your lifestyle coach.

Thank you!

Please use this rating scale to respond to questions 1 through 4:

1	2	3	4	5	6	7	8	9	10
Not at all					Somewhat				Extremely

1. So far, how interested have you been in eating a healthy diet?....._____

2. So far, how confident have you been that you can maintain a healthy diet?_____

3. So far, how interested have you been in exercising regularly?_____

4. So far, how confident have you been that you can maintain a regular exercise schedule/program?_____

5. Are there any aspects of your diet and exercise routine that you would like to improve?

6. What do you think might get in the way of improvement to your diet and exercise habits?
