



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?

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

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