

Lifestyle Questionnaire

Your Attitude Toward Food

Diets

Have you ever been on a diet? If so, please answer the following questions:

How many diets have you been on in the last 2 years? _____

Describe any diets you've been on. Did you go to a commercial weight-loss service (Jenny Craig, Diet Center, etc.)? Did you follow a diet from a book or article? If so, which one?

Describe your experience with diets. Did you lose weight? Did you gain any of it back?

Food

Yes No Do you eat breakfast?

Yes No Typically, do you eat after 8 p.m.? If so, what do you usually eat?

How many times a day do you eat?

Yes No Can you recall ever eating to avoid doing something? If so, when was this?

Yes No Do you ever eat when you aren't hungry? If so, when?

How often do you read food labels?

Yes No Do you ever "treat" yourself with food? If so, when?

What sources of information about nutrition have you found most helpful?

Yes No Has someone ever encouraged you to eat something that is not in your best interest? If yes, did you do it? Why?

Your Attitude Toward Exercise: What's the Point of All of This, Anyway?

You need to create a clear, tangible image in your mind of the benefits of staying on your fitness program. It must be vivid and powerful enough to sustain you through difficult times when you feel your self-discipline and motivation slipping. This exercise will help you create that image.

Complete this sentence: "Doing three cardiovascular exercise sessions and two to three resistance training sessions per week will ..."

	Not likely				Very likely	
Improve my appearance	1	2	3	4	5	6
Allow me to cope with stress better	1	2	3	4	5	6
Help me avoid getting sick	1	2	3	4	5	6
Give me a powerful sense of personal achievement	1	2	3	4	5	6
Increase my self-esteem	1	2	3	4	5	6
Improve my physical strength	1	2	3	4	5	6
Make me more independent	1	2	3	4	5	6
Improve my ability to concentrate	1	2	3	4	5	6
Take up too much time	1	2	3	4	5	6
Cause pain, soreness, and discomfort	1	2	3	4	5	6
Make me very tired	1	2	3	4	5	6
Cause me to get injured	1	2	3	4	5	6

Please rewrite this sentence and complete it in your own words.

Doing three cardiovascular sessions and two to three resistance training sessions per week will ...

Do you need support from others (friends, family, etc.) to stay consistent with your exercise and nutrition program?
 Yes No Do you have this type of support? Yes No

On a scale of 1 to 10 (with 10 being the ultimate nurturing, supportive group), how would you rate your support from others? _____

Are there people in your life who either intentionally or unintentionally discourage you or interfere with your staying consistent in your exercise and/or nutrition program? Yes No If yes, how do they interfere? How do you deal with it?

Has someone else ever interfered with your choice to exercise? Yes No If yes, what happened?

If you answered yes to questions 3 or 4, how have you dealt with these situations in the past? What are your thoughts about how to improve these responses in the future?

	Not likely				Very likely	
I think it is very likely that I will exercise five times a week.	1	2	3	4	5	6
I think exercise is a waste of time for me.	1	2	3	4	5	6
I know that I will be consistent with my fitness and nutrition program for six months.	1	2	3	4	5	6
When I exercise, I look like a dork.	1	2	3	4	5	6
When I exercise, I always feel beat up afterward.	1	2	3	4	5	6