

MANAGING WEIGHT ASSESSMENT

The following assessment is designed to engage you in a healthy thought process when it comes to managing your weight. Answer the questions as honestly as you can, and use this assessment as a first step in gaining control over your weight.

Name: _____ Date: _____

Company: _____

	Rarely	Sometimes	Often
1. Do you eat foods that are fried, or high in fat versus low fat or baked foods?	3	2	1
2. Do you eat a healthy breakfast—paying attention to your nutrition?	1	2	3
3. When you have a choice, do you choose foods that are either non-fat or low fat?	1	2	3
4. Do you wait to get home from work before planning what you'll have for dinner that evening?	3	2	1
5. Do you find yourself skipping meals like breakfast or lunch?	3	2	1
6. Do you find that your schedule forces you to eat lunch out or at fast food restaurants?	3	2	1
7. Do you usually run out of time for breakfast in the morning, or eat on the run?	3	2	1
8. Do you often feel the need for dessert even if you're feeling full?	3	2	1
9. Do you find yourself snacking frequently between meals on junk foods?	3	2	1
10. When you eat at home, do you usually eat in the same place, i.e., the kitchen table?	1	2	3
11. Do you often find yourself multi-tasking (i.e., reading, watching TV, or working) while you are having lunch or other meals?	3	2	1
12. Do your friends, family members, or co-workers affect your eating habits poorly?	3	2	1
13. Do you find yourself rushing through meals in 15 minutes or less?	3	2	1
14. Do you exercise regularly?	1	2	3
15. When eating, do you always clean your plate?	3	2	1

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	Rarely	Sometimes	Often
16. Do you drink eight or more 8-oz glasses of water each day?	1	2	3
17. Do you have less than two alcoholic beverages in a given day?	1	2	3
18. Do you have at least one glass of water with each meal?	1	2	3
19. Do you find that, other than normal mealtimes, you are eating in response to something, (i.e. TV commercial, magazine article, etc.).	3	2	1
20. Do you ever feel that you have overeaten in one sitting?	3	2	1

Total _____

Scoring Your Self Quiz

To find out if your daily routine is helping you manage your weight, simply total the number of your circled responses to each of the above questions.

- If your total is **between 20 and 36**, it's likely that a number of your behaviors are complicating or will complicate your efforts to better manage your weight.
- If your total is **between 37 and 47**, you have developed a number of habits that will be helpful in your quest to better manage your weight. At the same time, several of your habits will need improvement as you begin the process of managing your weight.
- If your total is **between 48 and 60**, your lifestyle habits will be helpful in managing your weight.