



A Division of Island Fitness Express, INC.

## How ready are you to succeed?

There are six stages of change: Pre-contemplation, Contemplation, Preparation, Action, Maintenance, Termination—and the cycle starts over from there... As you can tell, there are three that need to take place before even your first action happens. Obviously, change has to come from you—If you believe—if it is going to be, it is up to me. Answer the following questions honestly and see how ready you are for the fourth step – **ACTION**.

Do you believe that you are at some sort of health risk because of your current behaviors/lifestyle?	YES	NO
Do you feel that making lifestyle changes will improve your quality of life and decrease your risk of health-related disorders?	YES	NO
Do you view lifestyle change as a lifetime goal rather than a short-term temporary goal?	YES	NO
Are you willing to get personally involved in planning a lifestyle change program?	YES	NO
Are you willing to try different approaches?	YES	NO
Do you have the patience to accept success in small increments and deal with possible setbacks?	YES	NO
Are you willing to set realistic goals?	YES	NO
Are you willing to make lifestyle changes and not make another “false start?”	YES	NO

## Let's see how motivated you are!

Do you want this to be the last time you start an exercise program?

	Not really			Very	
	1	2	3	4	5
Compared to previous attempts, how motivated are you at this time to try to change your lifestyle?	1	2	3	4	5
How certain are you that you will stay committed to the program for the time it will take you to reach your goal?	1	2	3	4	5
Considering all outside factors at this time in your life (stress at work, family obligations, etc.) to what extent can you tolerate the effort required to stick to a lifetime exercise and nutrition plan?	1	2	3	4	5
Think honestly about how much you hope to achieve and in what timeframe. How realistic are your expectations?	1	2	3	4	5
How confident are you that you can work regular exercise into your daily schedule starting tomorrow?	1	2	3	4	5

**Your Score:** (1-10) Low Motivation (11-20) Moderate Motivation (20+) High Motivation

AGENTS OF CHANGE