

## Readiness to Change Questionnaire

**Please circle the statement that best describes your current EATING HABITS.**

*Eating healthy can be described as eating smaller portions, choosing low-fat options or adding more fruits and vegetables to your diet on a daily basis.*

- 1) I have not been eating healthy and I do not intend on changing my eating habits in the near future.
- 2) I intend to eat healthier in the next six months.
- 3) I intend to eat healthier in the next month.
- 4) I have been eating healthier in the last six months.
- 5) I have been eating healthy for more than six months.

**Please circle the statement that best describes your current level of PHYSICAL ACTIVITY.**

*Being physically active means doing activities such as walking, playing sport, cycling, or dancing for at least 20 minutes, 3 to 5 times a week.*

- 1) I am not physically active now and I do not plan to do any physical activity in the near future.
- 2) I am not physically active now, but I am thinking about being more active.
- 3) I am preparing to do more activity and intend to start in the next month.
- 4) I have been physically active for less than six months.
- 5) I have been physically active for more than six months.

1. What motivates you to participate in the Lifestyle Change Program?

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2. On a scale from 1-10, how confident are you in your readiness to make lifestyle changes? 1=not confident 10=very confident

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3. What might help you improve your confidence?

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4. What are some challenges or barriers that you might face in your effort to make lifestyle changes?

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**Note to Lifestyle Coaches:**

If person circled:

Number 1 = Pre-contemplation

Number 2 = Contemplation

Number 3 = Preparation

Number 4 = Action

Number 5 = Maintenance

Refer to DTTAC **“Tips for Exploring Readiness to Engage in the Lifestyle Change Program”** for more information on the stages of change and tips to helping participants reach their goals.