### 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?
_______________________________________________________________________
_______________________________________________________________________
_______________________________________________________________________

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

3. What might help you improve your confidence?
_______________________________________________________________________
_______________________________________________________________________
_______________________________________________________________________

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