

Weight Wise Program: Orientation Session

Am I Ready?

Read the following statements and place a check mark beside all the statements that you agree with.

- My life is fairly calm right now, so I can make this program a priority.
- I'm willing to lose weight or inches slowly and safely for better health.
- I believe I can change my eating, physical activity and behaviour habits.
- I have family, friends or both who will support my lifestyle change efforts.
- I'm willing to look at past successes and failures, in weight loss and other areas of my life, to see what motivates me and keeps me working on obstacles to success.
- I'm motivated to make long-term lifestyle changes focusing on healthy eating and increased physical activity.
- I can view this as a positive experience.
- I am prepared to come to each class and use the skills I learn to make changes in my daily life.
- I am willing to share and/or listen to other group members' experiences.

If you checked off all of the statements, then you are most likely ready to take on this program. If there are some statements that you could not agree with, take a look at why this may be a problem for you. Write down any thoughts you have about this below:

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What are the costs and benefits of your making changes to move towards being a healthier you?

Cost/Benefit

Costs of Changing



Benefits of Changing


