

True (YES)	False (NO)	Readiness and Commitment Survey
		1. Your main motive for this change is for your own reasons and not because other people think you should.
		2. You have more than one reason why you believe you want to change your behavior (e.g., lose weight) which may positively impact your overall quality of life.
		3. You do not believe you are capable of participating in the activity and tasks that are needed in order for you to make successful change.
		4. You are unwilling to make the commitment of time and effort needed to change your current behavior as your life is already quite stressful.
		5. You will accept the fact that sustained success may be a slow and challenging process, yet you will continue your efforts despite the disappointments.
		6. You are not prepared to be patient with yourself and will most likely give in or quit when you encounter obstacles, backlashes or barriers.
		7. You do not have the support for this change from friends, family or loved ones.
		8. You have never before tried to change this behavior or a behavior similar to this one.
		9. You accept the reality that your ultimate success requires sustainable behaviors as opposed to temporary changes regardless of your rates of success.
		10. You recognize that a structured and disciplined approach to making and sustaining healthier behaviors will be needed for indefinite periods of time to help achieve the goal(s) you desire.