



Ready for Change Quiz

Mindset matters. Take a few minutes and complete the Ready for Change Quiz. Be honest with yourself as you go through the quiz.

1

2

3

4

5

Not willing

Extremely Willing

Indicate how willing you are to do the following:

Take nutritional supplements each day

1 2 3 4 5

Diligently record everything you eat each day

1 2 3 4 5

Make changes to your lifestyle

1 2 3 4 5

Improve sleep habits

1 2 3 4 5

Practice a relaxation technique

1 2 3 4 5

Engage in regular exercise

1 2 3 4 5

How confident are you about your ability to organize and follow through on the recommended health-related activities?

1 2 3 4 5

How supportive are the key people in your life to your making these changes?

1 2 3 4 5

Modify your diet and lifestyle in a significant way?

1 2 3 4 5

Total: _____

Add up your score. The higher the score the more ready you are for change! Need help with motivation? Contact your instructor.