

Patient name.....

Date of Birth.....

Expectations (From The Weight Loss Readiness Test-II)

1. Think honestly about how much weight you hope to lose and how quickly you hope to lose it. Figuring a weight loss of one to two pounds per week, how realistic is your expectation?

- 0 Very unrealistic
- 1 Somewhat unrealistic
- 2 Moderately unrealistic
- 3 Somewhat realistic
- 4 Very realistic

Answer -----

2. How satisfied would you be if you achieved a 10% weight loss?

- 0 Not at all satisfied
- 1 Slightly satisfied
- 2 Somewhat satisfied
- 3 Quite satisfied
- 4 Extremely satisfied

Answer -----

3. If you achieved a 10% weight loss that significantly improved your health, how satisfied would you be?

- 0 Not at all satisfied
- 1 Slightly satisfied
- 2 Somewhat satisfied
- 3 Quite satisfied
- 4 Extremely satisfied

Answer -----

4. If you achieved a 10% weight loss that significantly improved your quality of life, how satisfied would you be?

0 Not at all satisfied

1 Slightly satisfied

2 Somewhat satisfied

3 Quite satisfied

4 Extremely satisfied

Answer -----

Emotional Eating (From The Weight Loss Readiness Test-II)

5. Do you eat more than you would like to when you have negative feelings, such as anxiety, depression, anger, or loneliness?

0 Never

1 Rarely

2 Occasionally

3 Frequently

4 Always

Answer _____

6. Do you have trouble controlling your eating when you have positive feelings – do you celebrate feeling good by eating?

0 Never

1 Rarely

2 Occasionally

3 Frequently

4 Always

Answer _____

7. When you have unpleasant interactions with others in your life, or after a difficult day at work, do you eat more than you would like?

0 Never

1 Rarely

2 Occasionally

3 Frequently

4 Always

Answer _____

Total Score _____