

SCORING GUIDE

After you complete each of the six sections, add the numbers of answers and compare them with the scoring guide below:

Section 1: Goals and Attitudes

TOTAL Score _____

If you scored:

6 to 16: This may not be a good time for you to start a weight loss program. Inadequate motivation and commitment together with unrealistic goals could block your progress. Think about those things that contribute to this, and consider changing them before undertaking a diet program.

17 to 23: You may be close to being ready to begin a program but should think about ways to boost your preparedness before you begin.

24 to 30: The path is clear with respect to goals and attitudes.

Section 2: Hunger and Eating Cues

TOTAL Score _____

If you scored:

3 to 6: You might occasionally eat more than you would like, but it does not appear to be a result of high responsiveness to environmental cues. Controlling the attitudes that make you eat may be especially helpful.

7 to 9: You may have a moderate tendency to eat just because food is available. Dieting may be easier for you if you try to resist external cues and eat only when you are physically hungry.

10 to 15: Some or most of your eating may be in response to thinking about food or exposing yourself to temptations to eat. Think of ways to minimize your exposure to temptations, so that you eat only in response to physical hunger.

Section 3: Control Over Eating

TOTAL Score _____

If you scored:

3 to 7: You recover rapidly from mistakes. However, if you frequently alternate between eating out of control and dieting strictly, you may have a serious eating problem and should get professional help.

8 to 11: You do not seem to let unplanned eating disrupt your program. This is a flexible, balanced approach.

12 to 15: You may be prone to overeat after an event breaks your control or throws you off track. Your reaction to these problem-causing eating events can be improved.

Section 4: Binge Eating and Purging

TOTAL Score _____

If you scored:

0 to 1: It appears that binge eating and purging is not a problem for you.

2 to 11: Pay attention to these eating patterns. Should they arise more frequently, get professional help.

12 to 19: You show signs of having a potentially serious eating problem. See a counselor experienced in evaluating eating disorders right away.

Section 5: Emotional Eating

TOTAL Score _____

If you scored:

3 to 8: You do not appear to let your emotions affect your eating.

9 to 11: You sometimes eat in response to emotional highs and lows. Monitor this behavior to learn when and why it occurs and be prepared to find alternative activities.

12 to 15: Emotional ups and downs can stimulate your eating. Try to deal with feelings that trigger the eating and find other ways to express them.

Section 6: Exercise Patterns and Attitudes

TOTAL Score _____

If you scored:

4 to 10: You're probably not exercising as regularly as you should. Determine whether your attitudes about exercise are blocking your way, then change what you must and put on those walking shoes.

11 to 16: You need to feel more positive about exercise so you can do it more often. Think of ways to be more active that are fun and fit your lifestyle.

17 to 20: It looks like the path is clear for you to be active. Now think of ways to get motivated.

Source: Brownell, 1990.