



National Healthy Lifestyle Campaign 2009 “Lose To Win” Challenge

HR Toolkit – Motivation Questionnaire

To be completed by each participant

a) How motivated are you **to lose weight** this time?

0. Not at all motivated
1. Slightly motivated
2. Somewhat motivated
3. Quite motivated
4. Extremely motivated

b) How motivated are you **to change your eating habits** this time?

0. Not at all motivated
1. Slightly motivated
2. Somewhat motivated
3. Quite motivated
4. Extremely motivated

c) How motivated are you **to increase your physical activity (exercise)** this time?

0. Not at all motivated
1. Slightly motivated
2. Somewhat motivated
3. Quite motivated
4. Extremely motivated

d) How motivated are your **to stay committed to a weight loss program?**

0. Not at all motivated
1. Slightly motivated
2. Somewhat motivated
3. Quite motivated
4. Extremely motivated

e) How motivated are you **to try new strategies/methods** for changing your eating, exercise, and other behaviors?

0. Not at all motivated
1. Slightly motivated
2. Somewhat motivated
3. Quite motivated
4. Extremely motivated

