



Readiness

At Team Fitness Personal Training we generally know within a few minutes whether a client will succeed easily or not. If a client accepts our recommendations for changes to their exercise or nutrition program immediately and unconditionally, we know we will achieve success easily. If a client begins to make excuses or give reasons they feel they will not be able to adhere to the program, we can generally expect struggles throughout the process.

We supply questionnaires to clients to help us determine where they are on the readiness scale. If you score low, this may not be the best time for you to initiate major changes to your lifestyle. It does not mean, however, that you cannot begin an exercise program. You can still initiate the program and start to develop patterns, but you should have lower expectations of yourself. If you score moderately, expect a few struggles on route towards your goals. If you score high, this is the perfect time for you to begin taking action towards your goals.

Readiness questionnaire I	Yes	No
1. Do you feel you are at some sort of health risk because of your current behaviours/lifestyle?		
2. Do you feel that making lifestyle changes will improve your quality of life and decrease your risk of health-related disorders?		
3. Do you view your health and fitness program as a lifetime goal rather than a short-term temporary goal?		
4. Are you willing to get personally involved in planning a health and fitness program?		
5. Are you willing to try different approaches?		
6. Do you have the patience to accept success in small increments and deal with possible setbacks?		
7. Are you willing to set realistic goals?		
8. Are you willing to make lifestyle changes?		

If you answered yes to all these questions, you are ready for action! If you said no to one or more of the questions, you might experience resistance as you begin to initiate many of the actions required to achieve your goals. It may be helpful for you to review what is really important to you and learn more about the negative effects of your current behaviour and the benefits of change.

Readiness questionnaire II	1	2	3	4	5
1. Compared to previous attempts, how motivated are you this time to adhere to your exercise program?	Not at all motivated				Extremely motivated
2. How certain are you that you will stay committed to an exercise program for the time it will take to reach your goal?	Not at all certain				Extremely certain
3. Considering all outside factors in your life - work, stress, family obligations etc. - to what extent can you tolerate the effort required to stick to a lifetime exercise and nutrition plan?	Cannot tolerate				Can tolerate easily
4. Think honestly about your goals. How realistic are they?	Very unrealistic				Very realistic
5. Do you fantasize about eating a lot of your favourite foods?	Always				Never
6. How confident are you that you can work regular exercise into your daily schedule, starting tomorrow?	Not at all confident				Extremely confident

Score: 6-12: Low motivation 13-25: Moderate motivation 25+: High motivation