

STATE OF READINESS SURVEY

Here are a set of sentences about your physical health, diet and exercise. Please mark how much like you each of these sentences are. Make your choice in terms of how you feel **RIGHT NOW**, not what you have felt in the past or would like to feel. Remember that statements refer to your physical health and healthy lifestyle.

Choose how closely each of these sentences describes you.

	NOT AT ALL LIKE ME	NOT MUCH LIKE ME	SOMEWHAT LIKE ME	MOSTLY LIKE ME	VERY MUCH LIKE ME
1. It doesn't make much sense for you to consider changing your diet/exercise habits for your health.	1	2	3	4	5
2. You've been thinking that you might want to change something about your diet/exercise habits for your health.	1	2	3	4	5
3. At times, your diet/exercise habits cause health problems and you're determined to change.	1	2	3	4	5
4. It is frustrating, but you feel like you do not have control over your diet/exercise even though you think you do.	1	2	3	4	5
5. Trying to change your diet/exercise habits for your health is pretty much a waste of time for you.	1	2	3	4	5
6. You guess you have faults, but there's nothing you really need to change about your diet/exercise habits or health.	1	2	3	4	5
7. You thought once you had resolved your healthy lifestyle problems, you would be free of them, but sometimes you still find yourself struggling with them.	1	2	3	4	5
8. You may have challenges with your diet/exercise habits and health and think you should work on it.	1	2	3	4	5
9. You are really working hard to change your diet/exercise habits for your health.	1	2	3	4	5
10. You hope that someone will give you good advice about your diet/exercise habits and health issues.	1	2	3	4	5
11. Anyone can talk about changing their lifestyle, but you are actually going to do something about it.	1	2	3	4	5
12. After all you've done to try and change your diet/exercise habits and health, every now and then, you still struggle with it.	1	2	3	4	5

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SCORING GUIDE

PRECONTEMPLATION MEAN

Add blue question scores together and divide by 3 (average)
(Questions 1, 5 and 6)

$$\frac{\text{_____}}{\text{(total)}} / 3 = \frac{\text{_____}}{\text{(average)}}$$

CONTEMPLATION MEAN

Add green question scores together and divide by 3 (average)
(Questions 2, 8, and 10)

$$\frac{\text{_____}}{\text{(total)}} / 3 = \frac{\text{_____}}{\text{(average)}}$$

ACTION MEAN

Add pink question scores together and divide by 3 (average)
(Questions 3, 9, and 11)

$$\frac{\text{_____}}{\text{(total)}} / 3 = \frac{\text{_____}}{\text{(average)}}$$

MAINTENANCE MEAN

Add orange question scores together and divide by 3 (average)
(Questions 4, 7, and 12)

$$\frac{\text{_____}}{\text{(total)}} / 3 = \frac{\text{_____}}{\text{(average)}}$$

CONTEMPLATION, ACTION, MAINTENANCE (CAM) SUM

Add together the mean scores for the Contemplation, Action, and Maintenance Means: _____

READINESS SCORE

Subtract the Precontemplation (blue) mean from the CAM Sum: _____ - _____ = _____
(Precontemplation) (CAM) (Readiness)

READINESS SCORE CLASSIFICATION

Readiness Score below 8:	Pre-contemplation State
Readiness Score between 8.01 and 11.99	Contemplation State
Readiness Score above 12	Preparation (Action) State