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Understanding how ready you are to change is one of the most important determinants of your success. You might want to be in great shape, lose weight or feel better, there's a difference between wanting to change and willingness to make changes to accomplish it. With this questionnaire you'll find out if you're ready to improve your body composition, health, appearance, and physical energy for performance and feeling good. Be honest with yourself!

## QUESTIONS

1. Do you look in the mirror and feel frustrated, upset, or dissatisfied because of how your body looks?

## Response and Score

- a. Yes (+3)
- b. I'm not sure (0)
- c. No (-3)

2. When you feel run down and tired, what do you think is the source of those feelings?

- a. Getting older (-1)
- b. Lifestyle choices (+3)
- c. Something else (-3)

3. Are you taking any medications for heart disease, high blood pressure, or type II diabetes that you didn't have to take when you were younger?

- a. Yes, two+ (+3)
- b. Yes, one (+1)
- c. No, none (-3)

4. How do you explain that you're in worse shape than when you were younger but you haven't changed your habits at all?

- a. family history (-1)
- b. less activity (+3)
- c. natural aging (-1)
- d. no idea why (0)

5. If you don't have anyone to exercise with regularly, are you willing to look for a physical activity partner?

- a. Yes (+3)
- b. No (-5)

6. Are you willing to join a gym today? (if applicable)

- a. Yes (+3)
- b. No (-5)

7. If someone told you today you need to throw away most of the foods in your cupboard and go shopping for different foods that better meet your goals, would you do it?

- a. Yes (+5)
- b. No (-3)

8. If an expert presents information on diet and exercise that contradicts what you currently believe, what approach do you take?

- a. Give it a try (+3)
- b. Ask a friend (0)
- c. Ignore it (-3)

9. Are you willing to meet with your friends and family and tell them your goals and desired outcomes?  
a. Yes (+5)  
b. No (-5)
10. If your work environment presents significant barriers to you exercising and eating well, will are you willing to look at how to improve what's in your control?  
a. Yes (+5)  
b. (-5)
11. Are you ready to spend less time with people who offer no support for your goals while spending more time with those who do offer support?  
a. Yes (+5)  
b. No (-5)
12. Can you accept that while your old habits don't make you a bad person, they got you here today, and they need to be changed?  
a. Yes (+5)  
b. No (-5)
13. Are you willing to wake up in the morning a bit earlier and stay up at night a bit later to accomplish your goals?  
a. Yes (+5)  
b. No (-5)
14. Are you willing to do at least five hours of physical activity each week?  
a. Yes (+5)  
b. No (-5)

## **Your Score**

### **21 to 60**

You're ready to get results and you want to change the way you look, the way you perform or both. You're tired of putting up with a growing waistline, frustration with trying temporary fixes that don't work, and maybe unsure why what used to work isn't anymore. You want to get results and you're committed to doing something about it.

### **-20 to 20**

You've been thinking about it for a long time. You might have started and stopped many times, but you sit back and go back to doing the same things or doing nothing. You may be thinking that diet and exercise aren't worth the pain they cause. Look around at the people who are exercising and eating well and enjoying it.

Everyone once started. We all were at the beginning. Thinking someone else who's active and fit never struggles is a mistake. They've found a way to work through it and so can you.

### **-61 to -21**

Your answers suggest you may not be ready to change. Is that true? Nutrition and exercise are important to avoid disease and each passing year that's more important. You'll have be more likely to gain fat, have more risk, and medications if you stay where you are. Are you OK with that?