



Willingness/ Importance ?

On a scale of 0—10, how willing/important is it to *you* to make a change toward a healthier lifestyle?

0——1——2——3——4——5——6——7——8——9——10
Not willing/Not Important *Somewhat* *Very Willing/Very Important*

Why didn't you choose [lower #]?

Why didn't you choose [higher #]?

What would make you more willing?



Confidence?

On a scale of 0—10, how confident are you that you can succeed?

0——1——2——3——4——5——6——7——8——9——10
Not Confident *Somewhat* *Very Confident*

What would make you more confident?

What might your next steps be?

What is your plan?