

A New You

Pre-program Questionnaire

Identifier _____

Date _____

1. How often do you purposely add physical activity to your usual daily routines? (*Examples: taking stairs instead of elevator, walking rather than driving, choosing a parking spot farther away, etc.*)

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- Never or less than once a month
- 1-6 times a week
- Once a day
- 2-4 times a day
- 4 or more times a day

2. I enjoy being physically active.

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- Yes, I strongly agree.
- Yes, I agree.
- No, I disagree.
- No, I strongly disagree.
- I neither agree nor disagree.

3. I get as much physical activity as I need.

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- Yes, I strongly agree.
- Yes, I agree.
- No, I disagree.
- No, I strongly disagree.
- I neither agree nor disagree.

4. How often does self-consciousness about your body size or shape keep you from participating in physical activity?

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- Never
- Seldom
- Sometimes
- Most of the time
- Always

5. When you experience sensations of hunger (like a growling stomach, shakiness, and/or stomach contractions) do you usually eat?

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- Yes
- No
- I rarely experience hunger sensations

6. Do you usually quit eating when you start to feel full?

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- Yes
- No
- I don't know how to tell when I'm full

7. How often do you eat food (meals or snacks) while doing another activity? (*Examples: watching TV, working at a computer, reading, driving, playing video games, etc.*)

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- Never
- Seldom
- Sometimes
- Most of the time
- Always

8. A "super-sized" portion of food is one that is much bigger but costs only a little more money. When you have the option of getting a "super-sized" portion, how often do you order it?

-
- Never
- Seldom
- Sometimes
- Most of the time
- Always



9. How often do you eat without feelings of guilt?
- Never
 - Seldom
 - Sometimes
 - Most of the time
 - Always
- 10 a. Have you ever dieted to lose weight?
- No (Skip to 11)
 - No but I plan to start a diet soon (Skip to 11)
 - Yes (Go to 10b)
 - Yes and I plan to start a diet soon (Go to 10b)
- 10 b. Which of the following statements best describes the last time you dieted to lose weight?
- More than 5 years ago
 - 1 to 5 years ago
 - 6 months to 1 year ago
 - 3 to 6 months ago
 - 1 to 3 months ago
 - I am on a diet to lose weight now
11. I don't care what people think about my body size or shape.
- Yes, I strongly agree
 - Yes, I agree
 - No, I disagree
 - No, I strongly disagree
 - I neither agree or disagree
12. I have abilities, skills and strengths that are more important than my body size and shape.
- Yes, I strongly agree
 - Yes, I agree
 - No, I disagree
 - No, I strongly disagree
 - I neither agree or disagree
13. Choose the one phrase that best describes your *overall* feelings about yourself: "In general, I am . . ."
- very happy with who I am
 - happy with who I am
 - okay with who I am, but I have some mixed feelings
 - unhappy with who I am
 - very unhappy with who I am
14. Choose the one phrase that best describes you: "As compared with most people, I think I have . . ."
- very good self-esteem
 - good self-esteem
 - average self-esteem
 - poor self-esteem
 - very poor self-esteem



Thank You!

This questionnaire is shared as a program evaluation tool for the *A New You: Health for Every Body* curriculum. It is not a validated research instrument and is not intended to be used beyond program evaluation for this curriculum.