



Lab A9-2 Identifying Reasons for Losing Weight

If you have decided that you want to lose weight, establishing your personal reasons for this decision will help you remain committed to your program. Check the reasons listed below that are important to your decision. If your most important reasons aren't included, add them to the list.

| | Important | Ranking |
|--|-----------|---------|
| 1. Follow my doctor's advice. | _____ | _____ |
| 2. Wear a smaller clothing size. | _____ | _____ |
| 3. Improve my appearance. | _____ | _____ |
| 4. Feel more assured and attractive. | _____ | _____ |
| 5. Feel healthier and more in control of myself. | _____ | _____ |
| 6. Firm up muscle tone. | _____ | _____ |
| 7. Improve sports performance. | _____ | _____ |
| 8. Please someone who is important to me. | _____ | _____ |
| 9. Help reduce low-back pain. | _____ | _____ |
| 10. Lower high blood pressure. | _____ | _____ |
| 11. Lower cholesterol and/or triglyceride levels. | _____ | _____ |
| 12. Increase high-density lipoprotein cholesterol. | _____ | _____ |
| 13. Help control diabetes. | _____ | _____ |
| 14. Save more energy and increase stamina. | _____ | _____ |
| 15. Reduce risk of circulatory disease. | _____ | _____ |
| 16. _____ | _____ | _____ |
| 17. _____ | _____ | _____ |
| 18. _____ | _____ | _____ |

Next, assign a ranking (1 is most important, 2 is next) to each of the reasons you have identified. For your top two reasons, write out below why these are your most important reasons. Do you think these reasons will help motivate you to start and stick with a weight-loss program? Why? Can you develop any strategies for using these reasons in your program (e.g., as rewards or written out and taped to the refrigerator as reminders)?