





















Healthy Weight Loss

Should I start pricing frying pans or moccasins?

To find out if you would do better losing weight by eating less food or by increasing physical activity, circle either yes or no to each of the statements listed below. Then count the total number of moccasins or frying pans circled and follow the scoring directions on the back of this sheet.

1. I prepare most of my meals at home.
 YES  NO
2. My main goal is to look more toned.
 YES  NO
3. I'll measure my progress on a scale.
 YES  NO
4. I'm good at planning ahead when it comes to where and what I'll be eating.
 YES  NO
5. I'm under a lot of stress, and it sometimes gets me down.
 YES  NO
6. I really feel cheated when I have to say no to foods I love.
 YES  NO
7. I enjoyed sports and other physical activities when I was younger.
 YES  NO
8. My schedule is hectic, so it's hard to set aside time for me.
 YES  NO
9. I battle aches and pains everyday.
 YES  NO
10. I'm not good with details.
 YES  NO

11. I want to lose weight to lower my risks of diabetes or heart disease.



12. I've gotten so heavy, I'm embarrassed to be in public.



13. I eat fast food often.



14. I would like to have more energy.



SCORING:

Count the total number of moccasins  = _____

Count the total number of frying pans  = _____

- If the number of frying pans is greater than 8, you'll do best starting with a program that focuses on eating less food.
- If the number of moccasins is greater than 8, increasing physical activity may work better for you.
- If your answers are divided between the moccasins and the frying pans, try a balanced program of smaller portions with less fat and sugar and more physical activity.