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?