



## 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)?