

SOCIAL SUPPORT QUESTIONNAIRE

QUESTIONS:	RESPONSES AND SCORING
8. When discussing your nutrition and exercise goals with friends, do they seem interested in getting on board, or do they think you're crazy?	a) They're very interested. (+2) b) They're not interested. (0) c) They think I'm crazy. (-2)
9. Do the people you live with bring home foods that aren't considered healthy or good for you?	a) Always (-5) b) Sometimes (-3) c) Never (0)
10. Do the people you live with bring home foods that are considered healthy or good for you?	a) Always (+5) b) Sometimes (0) c) Never (-5)
11. Do the people you live with or work with schedule activities for you that interfere with your pre-established exercise time?	a) Always; they don't respect my time. (-3) b) Sometimes; they don't think about it. (-1) c) Never; they respect this time. (+3)
12. Do those around you bring nutrition, exercise, or supplement information to your attention so that you can stay informed about these topics?	a) Always (+5) b) Sometimes (+2) c) Never (0)

YOUR SCORE AND WHAT IT MEANS

28 to 38 total points:

Congratulations, it looks like you've got a great social support network around you, a group of people that'll help support your desire to change some of your daily practices. Of course, that's not all you'll need to be successful. But it's a great start.

5 to 27 total points:

It looks like you've got some social support around you but there may be a few areas that will present challenges. Being aware of your social temptations, as indicated above, is a great place to begin. Together we can work on strategies for being successful in the face of those challenges

4 to -14 total points:

Your social support is lacking and may need a makeover. However, you're not alone here. Many people struggle with social support. And that's why our coaching together will provide some strategies for enhancing your support network.

-15 to -31 total points:

This score is quite low and may signal some definite challenges in your work and at-home environments, as well as in your relationships. These can often lead to old habits surfacing as many food related problems are really relationship and environment problems. However, this questionnaire will help us isolate the main challenges. And together we'll work on overcoming them.

Initial Body Composition Assessment

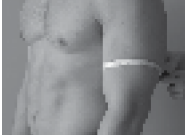
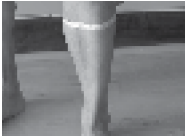
Name: _____

Date: _____

INITIAL BODY COMPOSITION ASSESSMENT (MEN)

SITE	MEASUREMENT #1	MEASUREMENT #2	MEASUREMENT #3	MEAN OF 3 MEASUREMENTS
 Abdominal skinfold (mm)				
 Triceps skinfold (mm)				
 Chest skinfold (mm)				
 Mid-axillary skinfold (mm)				
 Subscapular skinfold (mm)				
 Suprailiac skinfold (mm)				
 Thigh skinfold (mm)				
Sum of mean skinfolds (mm) = _____ Body fat % (See Appendix A for calculations) = _____				

INITIAL BODY COMPOSITION ASSESSMENT (MEN)

SITE	MEASUREMENT #1	MEASUREMENT #2	MEASUREMENT #3	MEAN OF 3 MEASUREMENTS
 Neck girth (cm)				
 Shoulder girth (cm)				
 Chest girth (cm)				
 Upper-arm girth (cm)				
 Waist girth (cm)				
 Hip girth (cm)				
 Thigh girth (cm)				
 Calf girth (cm)				

Initial Body Composition Assessment

Name: _____ Date: _____

INITIAL BODY COMPOSITION ASSESSMENT (WOMEN)

SITE	MEASUREMENT #1	MEASUREMENT #2	MEASUREMENT #3	MEAN OF 3 MEASUREMENTS
 Abdominal skinfold (mm)				
 Triceps skinfold (mm)				
 Chest skinfold (mm)				
 Mid-axillary skinfold (mm)				
 Subscapular skinfold (mm)				
 Suprailiac skinfold (mm)				
 Thigh skinfold (mm)				
Sum of mean skinfolds (mm) = _____ Body fat % (See Appendix A for calculations) = _____				