



Operation Get Fit: Initial Evaluation

Get Ready: Get Fit

On a scale of 1-10 how ready are you to commit to a program of healthy eating and exercise?

1 2 3 4 5 6 7 8 9 10

On a scale of 1-10 how willing are you to make changes in your eating and exercise habits?

1 2 3 4 5 6 7 8 9 10

If you answered 1-7 on either of the questions above what would need to change in your life to allow you to be more ready to accept a healthy lifestyle challenge?

What would you hope to accomplish from the Get Fit Program?

Change can be difficult.....but you can't improve unless you try!