

## **Goals and Relative Weights Questionnaire**

SWL101x

On a scale of 1-10, rate each of the following factors in how important they are when selecting a goal weight:

(1 being not at all important, 5 being somewhat important, 10 being very important)

How important is the following when selecting your goal weight:	1	2	3	4	5	6	7	8	9	10
Appearance										
Physical comfort										
Clothes size										
How I feel about myself psychologically										
Change in medical condition										
Change in specific body measurement										
Getting below some important number (i.e. weight on scales)										
Social acceptance										
Weight suggested by health professional										
Weight at a past significant time (e.g. marriage)										
Weight after previous weight loss effort										
Weight at which spouse / significant other finds me attractive										
Ideal weight from chart										
Weight of other people my age										
Weight of friends/family members										
Weight of celebrity										