**Initial Interview Questionnaire**

**Identify three health goals (Explain):**

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**What number best reflects how your feelings?**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Strongly Disagree | Disagree | Not Sure | Agree | Strongly Agree |
|  |  |  |  |  |  |
| * 1. I’m ready to accomplish at least one of my goals. | 1 | 2 | 3 | 4 | 5 |
| 1. I’m ready to make the changes necessary to reach my goals. | 1 | 2 | 3 | 4 | 5 |
| 1. I think keeping a food record will be beneficial. | 1 | 2 | 3 | 4 | 5 |
| 1. I believe I can overcome any obstacles that might keep me from reaching my goals. | 1 | 2 | 3 | 4 | 5 |
| 1. Learning about nutrition and healthy eating will be beneficial to me. | 1 | 2 | 3 | 4 | 5 |
| 1. I’m satisfied with my current diet. | 1 | 2 | 3 | 4 | 5 |
| 1. There are other factors that influence my eating behaviors such as stress, school, work, boredom. | 1 | 2 | 3 | 4 | 5 |
| 1. My physical fitness and performance need improvement. | 1 | 2 | 3 | 4 | 5 |
| 1. I’m satisfied with my body composition. | 1 | 2 | 3 | 4 | 5 |
| 1. I currently meet the Army’s standards of body composition. | 1 | 2 | 3 | 4 | 5 |
| 1. Overall, I feel prepared for LDAC. | 1 | 2 | 3 | 4 | 5 |