



What's your weight gain probability?

SKILLS LAB™

Rating weight gain probability

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- Print and complete the **Weight Gain Questionnaire™** (next page).
- Score 1 point for each ‘yes’ answer.
- The maximum score is 20.
- The minimum Score is 0.
- The **Weight Gain Probability Score** indicates how *easily* a person can put on weight and also provides recommendations specific to each category.
- A score close to 0 (zero) keeps you in the “**safe zone**”.
- But a score near 20 puts you in the “**danger zone**”.
- The higher the score, the more likely you are to *continue gaining* weight – or to *regain* it after a weight loss regime!

Weight Gain Questionnaire™

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How easily can you put on weight? Score 1 point for each 'yes' answer. Maximum score is 20. Minimum Score is 0.

- Do you eat white rice, white flour or white bread rather than whole grain more than three times per week?
- Do you have more than a pint (approx. 0.6 litres) of full fat dairy (milk, yogurt) or more than 200 grams of full fat cheese a week?
- Do you have caffeinated drinks (green or black tea, coffee) after 4pm?
- Do you have snacks from vending machines (peanuts, crisps, wine gums, fruit juice) more than twice a week?

- Do you add sugar to food or drink almost every day?
- Do you have foods or drinks with added sugars and/or fruit juice (e.g. natural orange juice) almost every day?
- Do you eat fried food more than twice a week?
- Do you use products containing hydrogenated oils (e.g. margarine, vegetable oil, mayonnaise, commercial sauce) more than twice a week?
- Do you use extra salt on your food almost daily?
- Do you drink more than 10oz (28g) of alcohol (one glass of wine, 1 pint or 600ml of beer, or one measure of spirits) a day?

- Do you eat processed 'fast food' (McDonald's, KFC, Pizza Express, supermarket party foods, etc.) more than twice a week?
- Do you eat processed meats (such as sausages, ham, salami, bacon, smoked salmon, deli meats) more than twice a week?
- Do you eat foods containing artificial additives and preservatives daily (e.g. canned food, long-life milk, crisps, deli meats, jelly, jam, and sweets)?
- Do you eat dessert (ice cream, pies, pudding, pastries, cakes, cookies, or sweets) more than twice a week?

Weight Gain Questionnaire™

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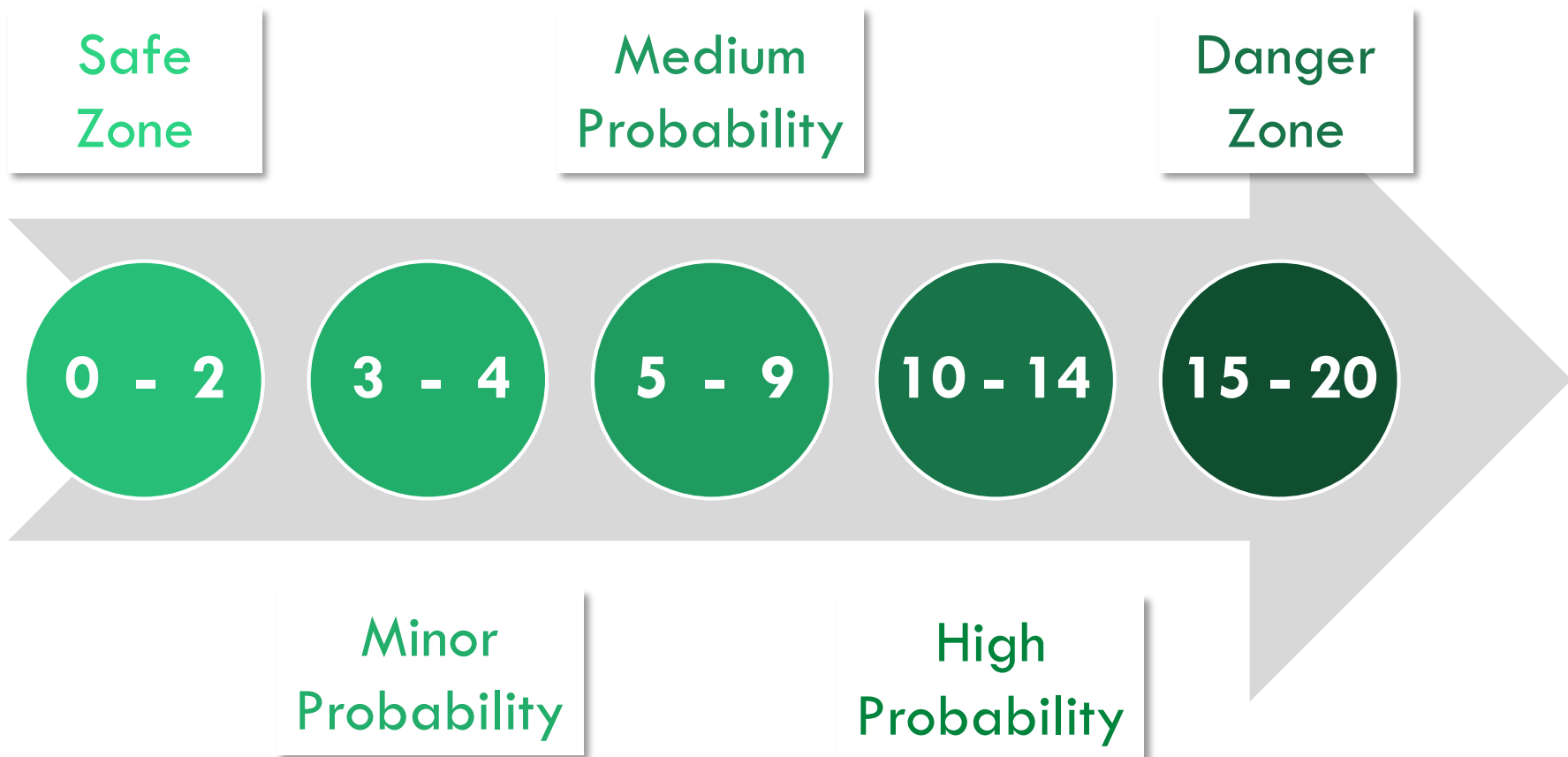
- Are there some foods you feel ‘addicted’ to, or tend to overeat (even when *not* hungry)?
- Do you eat more than four slices of commercial bread a day, on average?
- Does less than a third of your diet consist of vegetables?
- Do you eat less than 2 servings of fresh fruit a day?
- Do you drink less than 2 glasses of plain water daily?
- Do you eat oily fish or Omega 3 foods (e.g. flaxseed or egg with the yolk) less than twice a week?

Your Total Score:

Weight Gain Probability Score

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Where do you sit in the Weight Gain Probability Scale?



Recommendations per Score

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0 to 2 - SAFE ZONE: You are a health-conscious individual and the minor indiscretions are unlikely to affect your weight. Any weight gain experienced would be the result from consuming many more calories than those expended, so keep track of that!

3 to 4 - MINOR WEIGHT GAIN PROBABILITY: The habits that you answered “yes” to may sabotage your weight loss efforts – or cause weight regain! Try to move to the “Safe Zone” within one month. Provided you support your diet with more fibre, proper hydration and essential vitamins and minerals, together with an effective weight management plan, you can look forward to a successful weight control process.

Recommendations per Score

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5 to 9 - MEDIUM WEIGHT GAIN PROBABILITY: You can easily put on weight from your “yes” answers, so you must be vigilant. Rather than giving up bad habits all at once, set short-term goals. For instance, for one month go without two or three of the foods or drinks that aren’t good for you. Observe how you feel afterwards. You may decide to have some occasionally, while leaving others out forever without feeling any adverse effects. Stick to these changes for one month. Your cravings are likely to be only short-term withdrawal symptoms. Aim to have your score below 5 within three months. Add more fibre to your diet and follow [The 10 Healthy Eating Rules](#) to experience noticeable results.

Recommendations per Score

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10 to 14 - HIGH WEIGHT GAIN PROBABILITY: Your diet is not good and you will need to make some changes in order to be able to lose weight and enjoy better health. Take one step at a time. Aim to have your score down to 5 within six months. Start by following **The 10 Healthy Eating Rules** together with the advice of a Clinical Weight Loss specialist. The undesirable habits should be dealt with one at a time. Noticing the positive changes will keep you motivated. Remember that sugar, pastries, sweets, milk chocolate, white bread, cookies, full fat dairy, junk foods, and alcohol are all addictive. Your cravings will radically decrease (or even go away altogether) after about four weeks without them!

Recommendations per Score

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15 to 20 - DANGER ZONE: There is no way you can continue to eat like this and not put on weight. You are consuming too much fat, heavily processed foods, sugar, and artificial stimulants. Follow **The 10 Healthy Eating Rules** together with the advice of a Clinical Weight Loss specialist. You can start by taking two questions to which you answered “yes” and discuss with your specialist what changes need to take place so that one month later you could answer “no”. One example would be to stop buying the foods you are addicted to during the first month. Continue doing this until your score is 5 or less. Within a month you will begin to feel re-energised and much happier as a result of healthy eating!

The 10 Healthy Eating Rules



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Start here to transform your diet for better health:

- 1 Drink at least 8 glasses of sugar-free fluids daily – water, zero-calorie flavoured water, herbal or fruit teas.
- 2 Eat more dark green, leafy, or root vegetables first, such as broccoli, cauliflower, spinach, green beans, cabbage, Brussels sprouts, peas, bell peppers, courgettes, aubergines, watercress, onions, carrots, butternut squash, and sweet potatoes.
- 3 Minimise your consumption of refined carbohydrates such as white bread, white rice, and pasta.
- 4 Instead, include beans, lentils, quinoa, and wholegrains (brown rice, millet, rye, oat, whole-wheat).

The 10 Healthy Eating Rules

(Continued)

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- 5 Each day, eat at least 3 servings of fresh fruit such as apples, berries, pears, or citrus fruit.
- 6 Avoid sugary drinks, orange juice, natural or concentrated fruit juices and adding sugar to drinks.
- 7 Limit your intake of sugar, sweets, cakes, biscuits, desserts, and pastries to special occasions.
- 8 Avoid fried food, hydrogenated fat, and excess animal fat.
- 9 Minimise your consumption of processed meats (sausages, ham, deli meats, and smoked meats) and party foods with chemical additives or artificial colours and flavours.
- 10 Limit alcohol intake to one alcoholic drink a week.

Practical Assignment



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**Assess
your own
weight
gain
probability!**

Name: _____ Date: __ / __ / __

- What's your **Weight Gain Probability Score** (from 0 to 20)? _____
- What are the specific items that you have answered **“yes”** to? List them below:

A large, light gray rectangular area with rounded corners, intended for the student to write their answers. A small pencil icon is visible in the top right corner of this area.

Practical Assignment



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**Assess
your own
weight
gain
probability!**

Bear in mind that the goal is to gradually reduce your score and get to the “Safe Zone”!

What are the **top 5 changes** you think you can make in the next 4 weeks? Write them below:

1. _____
2. _____
3. _____
4. _____
5. _____

Once implemented, by how much will your **total score drop?** _____

Practical Assignment



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**Assess
someone
else's
weight
gain
probability!**

To gain experience, use the **Weight Gain Questionnaire™** with at least 5 family members and friends. Aim to complete this assignment within the next 7 days!

Name	Score	Date

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