



Operation Get Fit: Initial Evaluation

Get Ready: Get Fit for Parents

On a scale of 1-10 how ready are you to commit your entire family 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 own lifestyle and to be a role model for your child?

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 this lifestyle challenge?

What would you like your family to accomplish from this program?

Parents who set an example by improving their own eating and exercise play a crucial role in successfully reversing their child's unhealthy habits.