


[HOME](#)   [LOGOUT](#)

 user: **Kathy Lane**   staff id: **30013**   login: **10/27/2010 12:34:37**
[<<< Return >>>](#)

## Weight Control Practices Baseline

PID: 0	Acrostic: 0	Visit:	
Date Form Completed: <b>d_form</b>	Administration Type: <b>admin</b>		
Reviewed by: <b>compy</b>	Language: <b>language</b> English		

### D. Weight Control Practices

1. How often do you weigh yourself?

**wcweigh**

- 1 Never
- 2 About once a year or less
- 3 Every couple months
- 4 Every month
- 5 Every week
- 6 Every day
- 7 More than once a day

 1    2    3    4    5    6    7

2. Have you ever tried to lose weight?

**wclose**

- 1 Yes
- 2 No

 1    2

3. Have you ever participated in an organized weight loss program (e.g., Weight Watchers, TOPS, etc.)?

**wcprogram**

- 1 Yes
- 2 No

 1    2

4. For each item on the list:

Did you do this in the last year?  
weeks?

For how many

a. Count fat grams?

**wcfatgrams**

- 1 Yes
- 2 No

<input type="checkbox"/>	wcweeksa	
b. Cut out between meal snacking?		
1 Yes 2 No		wcsnacks
<input type="checkbox"/>	wcweeksb	
c. Eat less high carbohydrate foods?		
1 Yes 2 No		wccarbs
<input type="checkbox"/>	wcweeksc	
d. Keep a graph of your weight?		
1 Yes 2 No		wcgraph
<input type="checkbox"/>	wcweeksd	
e. Use a very low calorie diet?		
1 Yes 2 No		wclowcal
<input type="checkbox"/>	wcweekse	
f. Reduce number of calories you eat?		
1 Yes 2 No		wcreduce
<input type="checkbox"/>	wcweeksf	
g. Smoke cigarettes?		
1 Yes 2 No		wcsmoke
<input type="checkbox"/>	wcweeksg	

Weight Control Practices - continued		
h. Record what you eat daily?		
1 Yes 2 No		wcrecord
<input type="checkbox"/>	wcweeksh	
i. Decrease fat intake?		
1 Yes 2 No		wcdecrease
<input type="checkbox"/>	wcweeksi	
j. Go to a weight loss group?		
1 Yes 2 No		wcgroup
<input type="checkbox"/>	wcweeksj	
k. Eat meal replacements?		
1 Yes		wcmealrep



1 Yes  
2 No

**wcweeksv** \_\_\_\_\_

**w. Eat less meat?** **wcless**

1 Yes  
2 No

**wcweeksw** \_\_\_\_\_

**x. Other, please specify:** **wcother**

1 Yes  
2 No

**wcweeksx** \_\_\_\_\_

**wcoth\_sp** \_\_\_\_\_

<<< READ ONLY >>>