

# What Weight Watchers Plan is Best For You?



- \_\_\_\_\_ 1. At dinner, I eat \_\_\_\_\_
1. some type of red meat
  2. chicken
  3. pasta or Rice dish
- \_\_\_\_\_ 2. Which meal sounds best for you for lunch?
1. Pulled Pork Sandwich with a side salad and ranch dressing
  2. Grilled Salmon with pineapple salsa
  3. A rice bowl with veggies and soy sauce
- \_\_\_\_\_ 3. I mostly eat \_\_\_\_\_.
1. out at restaurants on the weekend and at home during the week
  2. at restaurants throughout the week and on weekends
  3. I mainly eat at home rarely go out
- \_\_\_\_\_ 4. As it relates to WW \_\_\_\_\_.
1. I am new and just starting
  2. I have been on and off for years
  3. I have been on it in the past and I have tried every program they have
- \_\_\_\_\_ 5. When thinking about cooking I \_\_\_\_\_.
1. Love to create new recipes
  2. Willing to try new things out of a cookbook
  3. I like to cook but tend to make the same things over and over

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- \_\_\_\_\_ 6. My thoughts on honest tracking (Do you really do it or not)
1. I track every bite and I know it
  2. I usually track but sometimes I forget
  3. I am not good at it and I don't enjoy it
- \_\_\_\_\_ 7. If I am going to overeat it will be \_\_\_\_\_.
1. Some form of spaghetti
  2. Tacos
  3. Steak and potatoes
- \_\_\_\_\_ 8. When thinking about whole foods(veggies and fruits)
1. Could take it or leave it
  2. It is important to me but it doesn't rule my life
  3. I make a concerted effort to mainly eat whole foods
- \_\_\_\_\_ 9. My thoughts on Keto are \_\_\_\_\_.
1. I want to control what I eat day to day not a diet
  2. I tried it and I eat low carb I enjoy it, but it doesn't rule my life
  3. I would never do it
- \_\_\_\_\_ 10. My thoughts on sugar-free products and convenience foods are \_\_\_\_\_.
1. I eat them often
  2. I work them in when I need to
  3. I rarely utilize them

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\_\_\_\_\_ 11. I cook for my family \_\_\_\_\_.

1. Every night
2. A few days a week
3. They are on their own. They can eat what I make or make their own food

\_\_\_\_\_ 12. I like to use my points for \_\_\_\_\_.

1. Sweets
2. Nachos (enchiladas) something similar
3. Jasmine Rice (any type of rice)

\_\_\_\_\_ 13. If I had to eat quinoa every day I would? \_\_\_\_\_.

1. I just wouldn't
2. I would be able to do it; it is ok I don't choose it often
3. That would be awesome I love it

\_\_\_\_\_ 14. My biggest diet challenge is \_\_\_\_\_.

1. Portion control
2. Overeating carbs
3. Fats

\_\_\_\_\_ 15. I tend to overeat \_\_\_\_\_.

1. Often
2. From time to time
3. I almost never overeat

To view your results, visit

<https://smileyspoints.com/ww-assessment-test-which-plan-is-the-best-for-you-with-printable-questionnaire/>