**WEIGH IT**

With your partner, select a weight loss or weight gain program to investigate. Answer the following questions then rate the program.

1. What is the name of you program or plan?
2. If you visited a site on the internet, what is the url?
3. Who did you speak to about the program?
4. What information about the program makes it so appealing?
5. What is the cost of the program?
6. Are discounts given or available (reward)?
7. Are there additional costs for special food, equipment, newsletters, formulas?
8. Is health insurance accepted as payment?
9. Are there restrictions to program? What?
10. Briefly describe the program.

RATING: 5 superior, 4 above average, 3 average, 2 below average, 1 inadequate

1. The program is healthy\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
2. The program is easy to use\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
3. The cost is reasonable\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
4. The program can be used for a lifetime\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
5. The program promotes “wellness”\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
6. The program offers support\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
7. The program suggests a variety of fresh, natural foods\_\_\_\_\_\_\_\_\_\_\_\_\_.
8. The program promotes long-term changes in healthy habits\_\_\_\_\_\_\_\_\_\_\_\_\_.
9. The program encourages regular exercise\_\_\_\_\_\_\_\_\_\_\_\_\_.

Scoring: Add your scores for each of these criteria and divide by 9 to determine an overall rating of the healthfulness of this program.