

POST-WatchWT Patient Questionnaire

Age: _____

Gender: Male Female

1) Prior to enrolling into WatchWT, which of the following statements best describes your previous experience with weight loss programs? (*Please mark one*)

- I lost weight and maintained the weight loss
- I lost weight and maintained some of the weight loss
- I lost weight and gained all of the weight back
- I did not lose weight

2) What previous weight loss methods have you tried in the past year? (*Mark all that apply*)

- Commercial (i.e. Weight Watchers, Jenny Craig, etc.)
- Internet (i.e. ediets.com)
- Very-low calorie liquid meal replacements (i.e. 800 kcal/day)
- Dietitian / Nutritionist
- Bariatric Surgery (Gastric Bypass or Adjustable Band)
- Fitness Trainer
- Self-Help (books, videos, audio tapes, etc.)
- Psychologist

Other: _____

3) Prior to enrolling into this study, over the past two years, how much have you spent on weight loss products and/or programs?

- \$0.00
- \$1-\$99.00
- \$100-\$199.00
- \$200-\$299.00
- \$300-\$399.00
- \$400-\$499.00
- \geq \$500.00

3) I felt that WatchWT was individually tailored to my needs.

- Strongly Agree**
- Agree**
- Disagree**
- Strongly Disagree**

4) WatchWT increased my knowledge of the factors important to energy balance.

- Strongly Agree**
- Agree**
- Disagree**
- Strongly Disagree**

5) I would recommend this weight loss program to others.

- Strongly Agree**
- Agree**
- Disagree**
- Strongly Disagree**

6) I understood the results of my WatchWT MedGem metabolism (RMR) measurement.

- Strongly Agree**
- Agree**
- Disagree**
- Strongly Disagree**

7) Knowing my WatchWT MedGem metabolism (RMR) number provided me a foundation for knowing how much food I can consume per day.

- Strongly Agree**
- Agree**
- Disagree**
- Strongly Disagree**

8) Knowing my WatchWT MedGem metabolism (RMR) number provided me a foundation for knowing how much exercise or physical activity I should do each day.

- Strongly Agree** **Agree** **Disagree** **Strongly Disagree**

10) The WatchWT MedGem metabolism (RMR) number was an important part of WatchWT?

- Strongly Agree** **Agree** **Disagree** **Strongly Disagree**

11) What was the most important benefit of knowing your unique metabolism (RMR)?

12) Following this group session, what type of weight loss method are you likely to use for helping you obtain your weight loss goal? (*Mark only one*)

- | | |
|--|---|
| <input type="checkbox"/> Commercial (i.e. Weight Watchers, Jenny Craig, etc.) | <input type="checkbox"/> Internet (i.e. ediets.com) |
| <input type="checkbox"/> Very-low calorie liquid meal replacements (i.e. 800 kcal/day) | <input type="checkbox"/> Dietitian / Nutritionist |
| <input type="checkbox"/> Bariatric Surgery (Gastric Bypass or Adjustable Band) | <input type="checkbox"/> Fitness Trainer |
| <input type="checkbox"/> Self-Help (books, videos, audio tapes, etc.) | <input type="checkbox"/> Psychologist |

Other: _____

13) I would participate in a group weight management program offered through my physician office.

- Strongly Agree** **Agree** **Disagree** **Strongly Disagree**

14) How much would you be willing to pay for a 13 session GROUP weight management program offered in your physician's office?

- | | | | |
|---|---|---|---|
| <input type="checkbox"/> \$151-\$199.00 | <input type="checkbox"/> \$200-\$249.00 | <input type="checkbox"/> \$250-\$299.00 | <input type="checkbox"/> \$300-\$349.00 |
| <input type="checkbox"/> \$350-\$399.00 | <input type="checkbox"/> \$400-\$449.00 | <input type="checkbox"/> \$450-\$499.00 | <input type="checkbox"/> ≥\$500.00 |

Comments: _____
