The Lifestyle Patterns Approach to Weight Loss

About the Registration Survey and Your Individual Results

The Lifestyle Patterns Approach to Weight Loss was developed by Dr. Robert Kushner, MD. He began developing this approach due to his belief that people tend to return to “ingrained, unhealthful habits at unguarded moment, particularly during times of stress and poor planning. Based on his understanding of the literature pertaining to one’s eating, exercise, and emotional coping patterns of behavior, along with his empirical observations, he categorized these patterns or habits into distinct eating, exercise, and coping lifestyle patterns that contribute to weight gain.” (Kushner, Kushner, & Blatner, 2009)

The quiz you took at registration will help you identify lifestyle patterns that may be preventing you from being successful with weight management. Why start a new diet that does not address your individualized barriers to weight loss? This approach allows you to lead a healthier lifestyle by establishing small goals to address current lifestyle patterns that are leading to weight gain. By realizing your personal barriers and addressing them with a solution, you can begin to see results. You will also be on guard for these habits so that weight gain does not return.

“…Individuals have different lifestyles, responsibilities, support systems, and obstacles…The Lifestyle Patterns approach offers each [person] a weight management program that fits his or her lifestyle.” (Kushner, Kushner, & Blatner, 2009)

***Included in this document you will find steps to determine which lifestyle patterns you follow that may be interfering with weight control. You will also find a description of each lifestyle pattern. Once you determine which patterns you are following, pick up an accompanying handout at the weekly meetings.***

How to Determine Your Lifestyle Patterns

Step 1

Look at your completed survey. Beside each question, place the following number based on your response:

0 points – Not me at all
1 point – This is true some of the time
2 point – This is me most of the time
3 points – That’s me!

(For example, if you answered the questions by marking “This is me most of the time”, then place a 2 beside the questions.)

Step 2

Because questions about the various lifestyle patterns are dispersed throughout the quiz, use the following instructions to determine if you fall under a lifestyle patterns category.

Are you a…Meal Skipper?

____ (Score from question 3) + ____ (Score from question 13) = ____ /6 = ____%

Are you a …Nighttime Nibbler?

____ (Score from question 11) + ____ (Score from question 14) = ____ /6 = ____%

Are you a…Convenient Diner?

____ (Score from question 4) + ____ (Score from question 6) +

____ (Score from question 10) = ____ /9 = ____%

Are you a… Fruitless Feaster?

____ (Score from question 5) + ____ (Score from question 8) = ____ /6 = ____%
Are you a…Steady Snacker?

____ (Score from question 2) + ____ (Score from question 7) +
____ (Score from question 9) = ____ /9 = ____%

Are you a… Hearty Portioner?

____ (Score from question 15) + ____ (Score from question 16) = ____ /6 = ____%

Are you a…Swing Eater?

____ (Score from question 1) + ____ (Score from question 12) +
____ (Score from question 17) = ____ /9 = ____%

Are you a…Couch Champion?

____ (Score from question 24) + ____ (Score from question 26) = ____ /6 = ____%

Are you an…Uneasy Participant?

____ (Score from question 22) + ____ (Score from question 30) = ____ /6 = ____%

Are you a…Fresh Starter?

____ (Score from question 18) + ____ (Score from question 29) = ____ /6 = ____%

Are you a…All-or-Nothing Doer?

____ (Score from question 27) + ____ (Score from question 28) +
____ (Score from question 31) = ____ /9 = ____%

Are you a…Set-Routine Repeater?

____ (Score from question 19) + ____ (Score from question 32) +
____ (Score from question 34) = ____ /9 = ____%

Are you a…Tender Bender?

____ (Score from question 20) + ____ (Score from question 23)
____ (Score from question 25) = ____ /9 = ____%
Are you a…Rain Check Athlete?

____ (Score from question 21) + ____ (Score from question 33) = ____ /6 = ____%

Are you an…Emotional Eater?

____ (Score from question 40) + ____ (Score from question 44) +

____ (Score from question 50) = ____ /9 = ____%

Are you a…Self-Scrutinizer?

____ (Score from question 36) + ____ (Score from question 38) +

____ (Score from question 41) = ____ /9 = ____%

Are you a…Persistent Procrastinator?

____ (Score from question 39) + ____ (Score from question 49) = ____ /6 = ____%

Are you a…People Pleaser?

____ (Score from question 35) + ____ (Score from question 47) = ____ /6 = ____%

Are you a…Fast Pacer?

____ (Score from question 37) + ____ (Score from question 46) = ____ /6 = ____%

Are you a…Doubtful Dieter?

____ (Score from question 43) + ____ (Score from question 48) = ____ /6 = ____%

Are you an…Overreaching Achiever?

____ (Score from question 42) + ____ (Score from question 45) = ____ /6 = ____%

**Step 3**

**The higher the percentage score for a lifestyle pattern, the more likely this pattern is a potential problem for you in your attempts at weight management. (A pattern is considered dominant if over 33%).**

Circle the patterns in which you scored over 33%. It is likely that you will have multiple problematic behaviors! Read the description about the patterns. Don’t try to tackle all the identified area at once, but select 2-3 patterns and begin to establish appropriate strategies to address them.