Skills Worksheet

Life Skills

Being a Wise Consumer

COMPARING WEIGHT-CONTROL SERVICES

Suppose you wish to lose weight sensibly, but you feel that you need help doing it. If so, you might consider researching weight-control services. Use the newspaper or library resources to select a service. Then answer the following questions.

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| --- | --- | --- | --- |
|  | Service A: | Service B: | Service C: |
| 1. What dieting guidelines does this service follow? | |  | | --- | |  | |  | |  | | |  | | --- | |  | |  | |  | | |  | | --- | |  | |  | |  | |
| 2. What part does exercise play in its weight-loss plan? | |  | | --- | |  | |  | |  | | |  | | --- | |  | |  | |  | | |  | | --- | |  | |  | |  | |
| 3. What type of counseling does this service offer? | |  | | --- | |  | |  | |  | | |  | | --- | |  | |  | |  | | |  | | --- | |  | |  | |  | |
| 4. How much does this service cost? | |  | | --- | |  | |  | |  | | |  | | --- | |  | |  | |  | | |  | | --- | |  | |  | |  | |
| 5. Is quick weight loss a priority of this program? | |  | | --- | |  | |  | |  | | |  | | --- | |  | |  | |  | | |  | | --- | |  | |  | |  | |
| 6. Could this diet be followed in the long term? | |  | | --- | |  | |  | |  | | |  | | --- | |  | |  | |  | | |  | | --- | |  | |  | |  | |