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? |

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| 2. What part does exercise play in its weight-loss plan? |

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| 3. What type of counseling does this service offer? |

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| 4. How much does this service cost? |

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| 5. Is quick weight loss a priority of this program? |

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| 6. Could this diet be followed in the long term? |

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