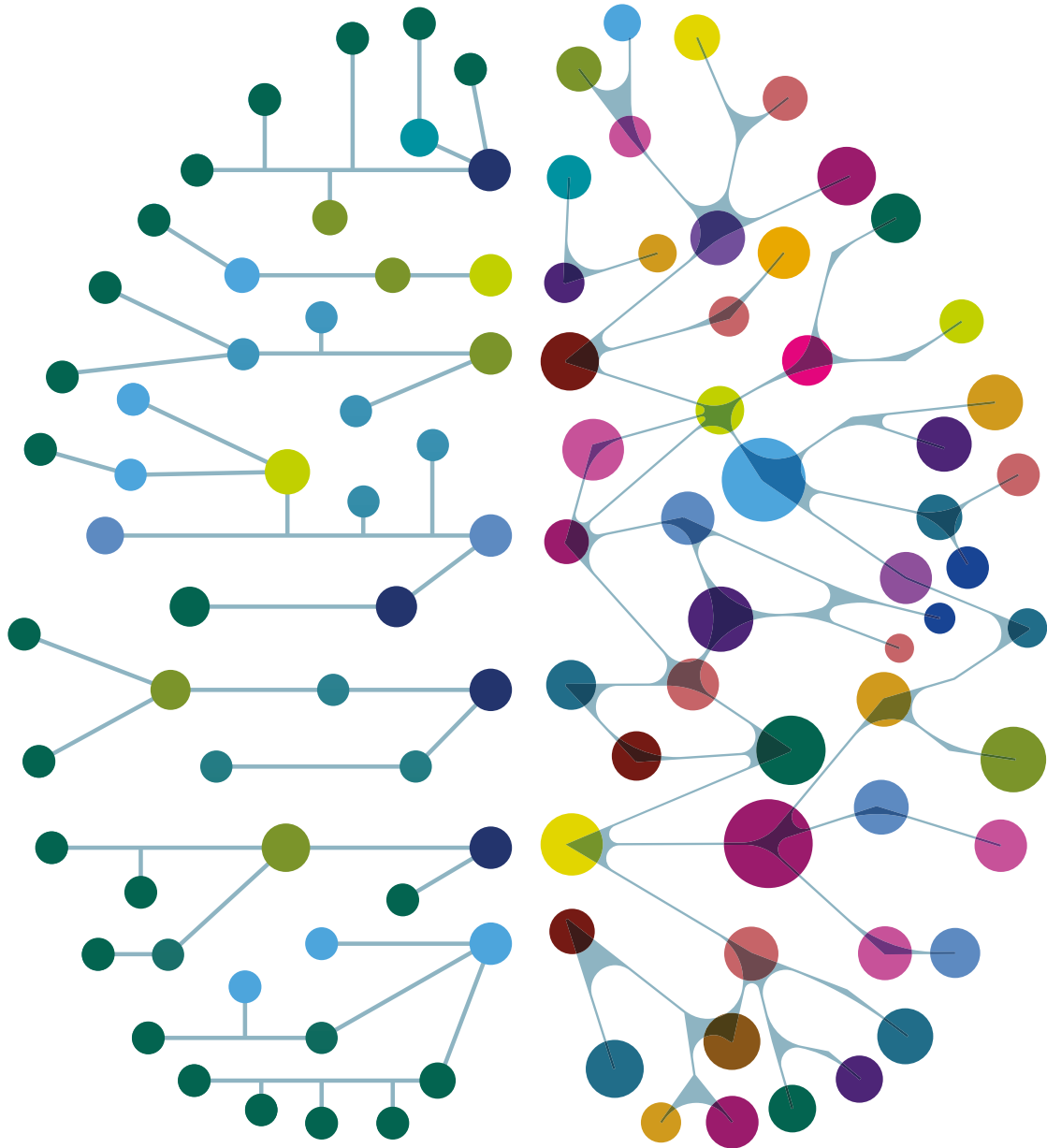
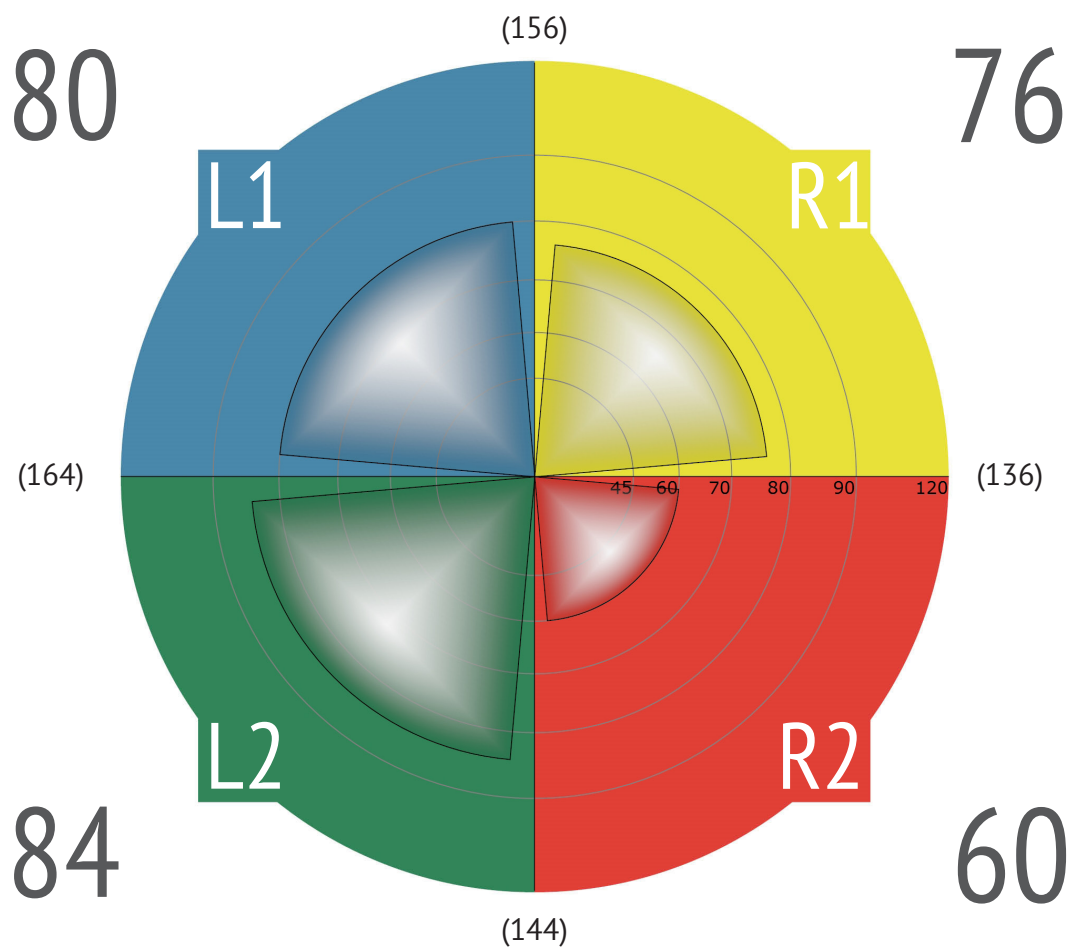




Jane Doe

My eating habits brain profile



Interpreting the results

Your NBI Eating Habits Profile will give you an insight into your weight loss style, issues that are important to you and even where there could be room for improvement!

Developing better relationships and making sound and relevant decisions are but a few of the advantages of understanding your own thinking style.

Because the focus is on thinking preferences the end result is neither good nor bad or right or wrong. The NBI Eating Habits Profile is a descriptive, objective analysis of your thinking choices and makes recommendations based on those.

The NBI Eating Habits Profile measures thinking preferences, and not the skills or abilities necessary to execute those preferences. It is therefore possible that an individual could have a very strong preference for order, planning and organisation, but has never had the opportunity to develop the skills to plan and organise. The recommendation in this instance would be that since the desire is there, the skills to support that desire should be developed in order to be more effective in following the weight loss programme you chose.

It is important to note that the total score for every profile is 300. The scores are categorised as follows:

95+

Very high preference

80-94

High preference

65-79

Average preference

50-64

Low preference

50-

Very low preference

Please remember that an individual's profile should always be evaluated in categories and not according to exact scores.

General information regarding the different quadrants

L1

General preferences

Accuracy, precision, exactness, focused approach, factual reasoning, no nonsense approach, objectivity, information with no hidden meanings, critical correctness – not to make mistakes, goal orientated, real things, facts and rational information are of fundamental importance and factual memory tends to become a priority.

L2

General preferences

Planning, practical application, organisation, promptness, discipline, dedication, step-by-step approach, details, operational, tidiness, tradition, procedures, routine, rules and regulations, structure, orthodox and prefers to follow guidelines.

R2

General preferences

Feeling orientated, empathy, social liaison, people-environment, interaction, people-intuition, co-operation seeking, atmosphere of caring, body language, touch, communication, listening focus and ambiance.

R1

General preferences

Search for alternatives, prefers the big picture – not the detail, idea-intuition, strategy, synthesis, integration, risk, restless, becomes bored quickly, experimenting, diversity, comfortable with chaos, fantasy, surprise and association.

Candidate specific information

L1 = 80

High/Very high preference Quadrant

A high score in the L1 quadrant indicates that you prefer to follow weight loss programs that have been well researched. You prefer to check scientific claims and analyse findings. You are critical about claims and outcomes and will not continue with a program if the promised results are not achieved. You are realistic about weight loss and do not buy into the idea of “the dream body”.

You will be quite prepared to measure and weigh portions if that is what it takes to succeed. You will ensure that you know exactly what the program entails before committing to it, you will determine your exact goal weight and set clear goals as the programme develops. You would insist on a programme that is value for money.

R1 = 76

Average preference Quadrant

An average score in the R1 quadrant indicates that you can cope with programs that sound exiting and challenging, but this is not your main preference. Weight loss programmes with many variations and alternative menus will look exciting, but you might find it confusing in the long run. Although you like choices, these should be limited and straight forward.

L2 = 84

High/Very high preference Quadrant

A high score in the L2 quadrant indicates that you prefer a weight loss programme which has been tried and tested. You prefer to plan any weight loss program well beforehand and to have a detailed account of how the program works. You will buy and prepare everything you need well in advance and will ensure that you do not run out of provisions. You will design menus and stick to these meticulously, measuring and weighing portions as the programme prescribes.

You will ensure that you follow instructions to the last detail. You prefer routine and would therefore make sure that the program will not disturb your daily routine to a great degree. You prefer to keep careful record of your progress.

R2 = 60

Low/Very low preference Quadrant

A low score in the R2 quadrant indicates that you would prefer to follow a new weight loss programme on your own and that you will not be comfortable with getting involved in group get-togethers, weigh-ins and celebrating successes together. You may be insensitive towards other people's weight problems and feel that everybody is responsible for their own decisions.

Questions

Your first choice listed per quadrant.

L1 - Questions

Question 10: I like a programme that ... : is clear and simple

Question 12: I prefer that the person who is explaining this programme to me ... : identifies the pros and cons very clearly

Question 14: I like to read magazines which gives ... : me relevant statistics about weight loss programmes

L2 - Questions

Question 1: Before I decide on a weight loss programme I ... : would make sure it fits into my daily routine

Question 2: I prefer ... : to have detailed information about the programme

Question 4: I like ... : to get a step by step explanation of how the programme will benefit me

Question 11: Before making a final decision I prefer to ... : know that the programme has a clear beginning and end

Question 13: I like my friends to describe me as someone who ... : makes things happen

Question 15: At the end of my successful programme I will ... : make sure that I keep on following a disciplined lifestyle

R2 - Questions

Question 6: If I were to go to a restaurant, I would ... : choose one that has a friendly atmosphere

R1 - Questions

Question 3: I prefer situations ... : which are exciting and different

Question 5: I prefer ... : a weight loss programme which do not have too many rules and regulations

Question 7: I prefer a weight loss programme that ... : allows me to do things on the spur of the moment

Question 8: I prefer to deal with the new weight loss information by ... : connecting it to other weight loss experiences or information

Question 9: I like to ... : fantasise about the end results of the programme