

MES Practice Test Questions and Answers

1. Why is setting SMART goals important?

- A) They are vague and flexible.
- B) They ensure goals are specific and measurable.
- C) They avoid deadline pressure.
- D) They focus on diet only.

2. What does reflective listening involve?

- A) Ignoring client statements.
- B) Paraphrasing client messages.
- C) Asking only closed questions.
- D) Offering unsolicited advice.

3. What does the FITT principle stand for?

- A) Flexibility, Intensity, Technique, Timing
- B) Frequency, Intensity, Time, Type
- C) Form, Interval, Total, Test
- D) Food, Intake, Tension, Temperature

4. What is self-monitoring in behavior change?

- A) Trainer observation only.
- B) Client tracking of behaviors.
- C) Ignoring progress.
- D) Random journaling.

Answers: 1-B 2-B 3-B 4-B

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