

Weight Loss Practice Test Questions and Answers

1. What keeps you most inspired to exercise?

- A) Make a standing date to exercise with a friend
- B) Weigh yourself every day
- C) Set a daily reminder on your phone
- D) Do short bursts of exercise when you can squeeze it in

2. What role does social support play in weight loss success?

- A) It has no measurable effect on outcomes
- B) Strong social support significantly improves adherence and long-term results
- C) Social pressure always increases dietary relapse rates
- D) Support groups are only helpful for extreme obesity

3. What is 'mindful eating' and how does it support weight loss?

- A) Counting macros precisely
- B) Paying full attention to hunger and eating cues
- C) Eating only organic foods
- D) Tracking every meal digitally

4. What is 'food noise' in the context of weight loss psychology?

- A) Sounds made while eating that distract from portion control
- B) Intrusive, constant thoughts about food that make dieting difficult
- C) Background music that increases eating speed
- D) Nutritional labeling information overload

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

For More Weight Loss Questions and Answers FREE, Weight Loss Online Prep Training, Weight Loss Exam, Weight Loss Study Guide, Weight Loss Flashcards, Weight Loss Quizzes visit:

Weight Loss Practice Test