



## PART-TIME DIET QUIZ

Interested in part-time dieting but not quite sure if it will suit your lifestyle? Take our quick quiz to find out if it actually is or isn't a good fit for you ('scuze the pun).



# is part-time dieting right for you?™

## 1. WHEN I'M ON OTHER DIETS AND IT COMES TO SOCIALISING, I:

- a) find it hard to abstain from drinking alcohol and eating the foods I love
- b) stay at home rather than be around temptation
- c) usually give up and indulge then feel bad later
- d) don't mind depriving myself of fave foods and beverages

## 2. WHEN I BREAK A DIET, I:

- a) usually give up for a while until I can get motivated again
- b) pig out. it's broken now anyway.
- c) feel guilty and frustrated with myself
- d) all of the above
- e) keep on persevering immediately

## 3. WHEN GOING ON OTHER DIETS, I FEEL:

- a) depressed about it. i'm going to miss you so much chocolate. sob.
- b) resigned. i know it's going to be horrible but i really need to lose weight.
- c) determined at first but by day three i'm already over it.
- d) excited and happy. this is going to be fun.

## 4. THE MAIN REASON I TEND TO PUT OFF STARTING OTHER DIETS IS:

- a) i know it's going to be expensive.
- b) i'm really tired and I know I'll have to really push myself physically.
- c) i don't have time to focus on it right now.
- d) i know it's going to be hard and that I'll feel miserable.
- e) every time I go on a diet I end up breaking it and putting it all back on. and then some.
- f) meh. it's more trouble than it's worth so I'm channelling my inner Scarlett O'Hara... i'll think about that tomorrow.
- g) i'm too busy, stressed and I need my comfort food and drinks at the moment. i NEED them.

## 5. RIGHT, NOW JUST ANSWER A QUICK QUESTION ABOUT YOUR HEALTH! ARE YOU:

- a) pregnant, planning to get pregnant or breast feeding
- b) suffering from an eating disorder or a history of eating disorders
- c) underweight, or do you have a BMI of less than 20
- d) a type 1 diabetic
- e) younger than 18



## ANSWERS

### QUESTION 1

If you chose a), b) or c), then part-time dieting is the ideal solution for you.

Because you are only delaying eating for some of the week or day, you can let your hair down, drink the bubbles and sample the cheese plate when you go out. How good is that?

### QUESTION 2

If you chose a), b), c) or d), part-time dieting will work like a charm, because you actually CAN'T break it.

If you start the day really well then accidentally drink wine with the girls then end up eating a cheeseburger, it doesn't mean you're 'no longer on the diet'. It simply means you changed your mind and enjoyed some 'feasting' time because you know you can just fast tomorrow instead. Flexible much? Oh yeah.

### QUESTION 3

If you picked a), b) or c), we SO get it. If you picked d) we can only assume you've been enjoying too many bubbles over lunch or are possibly a few sandwiches short of the diet-picnic because other diets are NOT fun. Continuous deprivation is a misery-fest for most. Part-time dieting suits the majority of people because you get constant 'time off' for good dieting behaviour. You're only delaying the foods and drinks you love, not eliminating them. See you soon cheesecake!

### QUESTION 4

Part-time dieting is the simple solution to all of the above:

- a) It actually saves you money because you really just eat what you usually eat - just in 'time windows'
- b) You don't have to run marathons or slave away in a gym
- c) It's so simple and the thinking is pretty much done for you
- d) It's much easier than other diets... you get a break from it all the time remember!
- e) It isn't a diet you 'go on' or 'go off' so much as a way of life. That's why people really do successfully lose weight for good.
- f) It isn't 'trouble'. And it's actually a no-brainer because it's so straight-forward.
- g) You can have your comfort foods and drinks. You're supposed to!

### QUESTION 5

If any of the above apply to you, then unfortunately part-time dieting isn't recommended for you. But feel free to check with your doctor if you're unsure. Also, if you're taking prescription medication or you have any medical conditions, we do recommend speaking with your physician prior to commencing the part-time diet.

**CHECK US OUT AT**  
**WWW.SUPERFASTDIET.COM**

So... if you're finishing this quiz with the realisation that part-time dieting actually is right for you, visit [www.superfastdiet.com](http://www.superfastdiet.com) to find out about our revolutionary program and learn more about why so many people are now choosing the easiest of all weight loss methods: the unbreakable diet.