## Eating Habits Questionnaire

NAME DATE

Please answer the questions as honestly as you can. There are no right or wrong answers.

## General eating patterns

As best as you can remember right now, tell me generally about an average day of eating and drinking.
This doesn't have to be perfect; just capture your usual patterns.

TIME OF DAY WHAT MIGHT YOU NORMALLY EAT / DRINK?

Example: 1 fM Toast with peanut butter \& jam / Coffee with cream \& sugar / Glass of orange juice
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Right now, are you following any particular diet or style of eating?
(e.g., vegetarian / vegan, Paleo, kosher / halal, low-carb)


## If yes, what? And for how long have you followed this way of eating?

Right now, on a scale of 1-10, how consistent would you say you are with your eating habits?


If you're less consistent than you'd like to be, what seems to get in the way or knock you off track?

## Food and health

Do you have any known / diagnosed food allergies or intolerances? If yes, what are those?


Do you have any suspected or possible food allergies or intolerances? If yes, what are those?


How often do you have a bowel movement?More than 3 times daily1-2 times dailyA few times a week2-3 times dailyOnce every 2-3 daysWeekly or less

Do you have any digestive system complaints right now? If yes, what are those?


## Hunger cues and appetite

On a scale of 1-10, how would you describe your normal appetite / hunger?
NEVER HUNGRY


ALWAYS STARVING/ RAVENOUS

Do you feel like you have trouble controlling your appetite / hunger?
$\bigcirc$ Yes, I feel like I always want food,
or eating runs my lifeSometimes; it dependsNo

Do you normally struggle with food cravings?Yes, oftenSometimes; it dependsNo, rarely

If yes or sometimes, what do you normally crave?

What do you normally do when you have cravings?

Have you ever noticed any connection between your emotions and your eating habits? If yes, what happens? (e.g., When I'm feeling sad I use food to comfort myself; when I'm happy I notice I have fewer cravings)

Have you ever noticed any connection between stress and your eating habits? If yes, what happens? (e.g., When I'm stressed I eat more / less)


How often do you think about food and eating (or avoiding eating)?

Almost alwaysSometimesRarely

## If you think about food and eating more than sometimes, what in particular do you think about?

How often do you eat to the point of being full or stuffed?
Almost constantly
Sometimes
Never
OftenRarely

If you feel you've eaten too much, what do you do afterwards? Check all that apply.

O Try to eat less at subsequent mealsSkip the following meal(s)Try to exercise to burn it offFeel bad

How often do you skip meals or purposely go a long time without eating?Try to get back in control of thingsPurge by vomiting and / or laxativesForget about it and go back to normal eatingKeep eating... what the heck, already blown itOther:
.....................................................
$\qquad$SometimesNever
$\bigcirc$ OftenRarely

## Daily habits and environment

How often do you normally make meals at home?0 meals a day3-4 meals a day
$\bigcirc$
All meals prepared at home1-2 meals a day

How often do you normally eat meals in restaurants / cafeterias?
0 meals a week3-4 meals a week

- 1-2 meals a week5 or more meals eaten in restaurants / cafeterias


## How often do you shop for food?

More than dailyA couple times a weekDailyOnce a weekEvery other dayLess than once a week
On a scale of 1 to 10 , how would you rank your food preparation and cooking skills right now?


Do you like cooking?
$\bigcirc$ YesSometimes, if I have the time / energy
No

## If no, what do you NOT like?

If yes or sometimes, what do you enjoy about it?

## Your goals and priorities

Thinking about all that you have written down here, what do you think you might like to start working on or addressing first?

