Eating Habits Questionnaire

NAME	DATE					
Please answer the qu	uestions as honestly as you can. There are no right or wrong answers.					
General eating patterns						
-	remember right now, tell me generally about an average day of eating and drinking. be perfect; just capture your usual patterns.					
TIME OF DAY	WHAT MIGHT YOU NORMALLY EAT / DRINK?					
Example: 7 AM	Toast with peanut butter & jam / Coffee with cream & sugar / Glass of orange ju	uice				
•••••••••••						
••••••						
	following any particular diet or style of eating? gan, Paleo, kosher / halal, low-carb)	YN				



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

What are some of the foods or meals you like MOST?

What are some of the foods or meals you DON'T like?

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 moveme	nt?						
○ More than 3 times daily	○ 1-2 times daily	A few times a week					
O 2-3 times daily	Once every 2-3 days	Weekly or less					
Do you have any digestive system comple	aints right now? If yes, what are those?	YN					
Hunger cues and appetite	1						
On a scale of 1-10, how would you descr	ribe your normal appetite / hunger?						
NEVER (1) (2) (3)	\bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc	8 9 10 ALWAYS STARVING/					
HUNGRY (1)		RAVENOUS					
Do you feel like you have trouble controlling your appetite / hunger?							
Yes, I feel like I always want food,							
or eating runs my life	 Sometimes; it depends 	○ No					
Do you normally struggle with food cravi	ngs?						
Yes, often	Sometimes; it depends	No, rarely					
If yes or sometimes, what do you normal	ly crave?						
What do you normally do when you have	cravings?						



	ve you ever noticed any connection bets g., When I'm feeling sad I use food to con					YN		
	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)?								
\bigcirc	Almost always	\bigcirc	Sometimes	\bigcirc	Never			
\bigcirc	Often	\circ	Rarely					
	ou think about food and eating more th			thir	k about?			
0	Almost constantly	0	Sometimes	0	Never			
\bigcirc	Often	\circ	Rarely					
If y	ou feel you've eaten too much, what do	you	do afterwards? Check all that apply.					
\bigcirc	Try to eat less at subsequent meals	\bigcirc	Try to get back in control of things	\bigcirc	Keep eating what the hec	k,		
\bigcirc	Skip the following meal(s)	\bigcirc	Purge by vomiting and / or laxatives	;	already blown it			
\bigcirc	Try to exercise to burn it off	\bigcirc	Forget about it and go back to	\bigcirc	Other:			
\bigcirc	Feel bad		normal eating					
Hov	w often do you skip meals or purposely	go a	long time without eating?					
	Almost always	50 a	Sometimes	\bigcirc	Novor			
	Often	\bigcirc	Rarely		Never			



Daily habits and environment

How often do you normally make meals at home?							
O meals a day	3-4 meals a day	All meals prepared at home					
1-2 meals a day							
How often do you normally eat meals in restaurants / cafeterias?							
O meals a week	O 3-4 meals a week	5 or more meals eaten in restaurants /					
O 1-2 meals a week		cafeterias					
How often do you shop for food?							
More than daily	A couple times a week	O I never shop for food; it just magically					
O Daily	Once a week	appears in my house					
Every other day	O Less than once a week						
On a scale of 1 to 10, how would you ran terrible / Nonexistent 1 2 3	nk your food preparation and cooking skill	s right now? 8 9 10 EXPERT CHEF					
Do you like cooking?							
○ Yes ○ Sometimes, if I have the time / energy		O 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?