

Diet Satisfaction Assessment

NAME

DATE

Is your diet working for you?

HOW DO YOU KNOW?

Think about your recent food and eating choices. Then, choose the number that best matches your agreement with the following statements.

On a scale of 1 (never) to 10 (always), most of the time...

1. When I eat this way, I feel pretty good in general.

NEVER 1 2 3 4 5 6 7 8 9 10 ALWAYS

2. When I eat this way, I have reliable, sustained energy without crashing.

NEVER 1 2 3 4 5 6 7 8 9 10 ALWAYS

3. I try to choose the best quality food available.

NEVER 1 2 3 4 5 6 7 8 9 10 ALWAYS

4. This way of eating is easy to do, and fits into my everyday life.

NEVER 1 2 3 4 5 6 7 8 9 10 ALWAYS

5. I know what kinds of foods to choose and eat.

NEVER 1 2 3 4 5 6 7 8 9 10 ALWAYS

6. I feel confident and capable cooking and preparing food and meals.

NEVER 1 2 3 4 5 6 7 8 9 10 ALWAYS

7. When I eat this way, I rarely struggle with food cravings or urges to over-eat.

NEVER 1 2 3 4 5 6 7 8 9 10 ALWAYS

8. When I eat this way, I digest my food well.

NEVER (1) (2) (3) (4) (5) (6) (7) (8) (9) (10) ALWAYS

9. I'm performing and recovering well.

NEVER (1) (2) (3) (4) (5) (6) (7) (8) (9) (10) ALWAYS

10. On social occasions, such as going out with friends to a restaurant, I can almost always find something I enjoy and feel comfortable eating.

NEVER (1) (2) (3) (4) (5) (6) (7) (8) (9) (10) ALWAYS

11. I truly enjoy the taste and experience of what I eat.

NEVER (1) (2) (3) (4) (5) (6) (7) (8) (9) (10) ALWAYS

12. I feel calm and relaxed about my food choices. It's no big deal, just part of life.

NEVER (1) (2) (3) (4) (5) (6) (7) (8) (9) (10) ALWAYS

13. The way I'm eating matches my specific goals for health, fitness, performance, etc.

NEVER (1) (2) (3) (4) (5) (6) (7) (8) (9) (10) ALWAYS

14. The way I'm eating measurably helps me progress towards those goals.

NEVER (1) (2) (3) (4) (5) (6) (7) (8) (9) (10) ALWAYS

15. The way I'm eating reflects my deeper values, or the way I want to live.

NEVER (1) (2) (3) (4) (5) (6) (7) (8) (9) (10) ALWAYS

16. Even if other people pressure me to do something differently, or my style of eating doesn't match others around me, I'm able to follow my own cues or goals

NEVER (1) (2) (3) (4) (5) (6) (7) (8) (9) (10) ALWAYS

Total assessment score -

How did your eating plan score?

128 and above

Crushing it! Keep eating this way, because it's working for you beautifully.

104-127

Doing well! You might have some concerns, or consider making some small changes. Let's talk about what that might look like for you, if you want to pursue that.

80-103

This diet might be working well for you in some areas, but you're probably struggling in others. Consider making moderate to significant changes to your diet to make it more sustainable. Let's talk about what that might look like for you, if you want to pursue that.

Less than 80

This diet will not work for you long-term. Success depends on a plan you can follow consistently. Let's chat about experimenting with your diet to help you find an approach you enjoy more.

What should you do next?

RECOGNIZE THAT EATING BEHAVIORS ARE COMPLEX.

There are many factors involved in dietary success.

You can't simply white-knuckle your way to a consistent and enjoyable diet that makes you feel great. Experiment and explore different dietary approaches and patterns to see what suits you best.

USE THESE QUESTIONS AND YOUR ASSESSMENT SCORE AS DATA.

What's going well?

Where are you most consistent? What areas do you already have locked down? Where do you feel confident?

It's important to celebrate small wins, and notice where you're already succeeding. Focusing your attention on those areas actually boosts your motivation, and trains your brain to keep winning.

Which areas might you like to improve?

Even "failure" is important information — it's honest data about where you might need more support, guidance, or practice.

Don't beat yourself up for a score that isn't as high as you'd like, and don't try to be "perfect".

Instead, consider using the data to set some realistic, manageable long-term goals for changing your dietary choices. Ask yourself: "In order to increase my score on this question by 1 point, what would I consider changing or doing?"

START TODAY.

If your score was lower than you'd like, let's talk about ways to help you find a more consistent approach. The sooner we start collaborating, the more consistent you will be able to be.