

Healthy Eating for Life Survey

Everyone has different negative eating habits, so losing weight or eating healthier is a very individual task. There's no need to go on a diet, simply take small steps towards changing your eating habits for life!

Circle any statements you feel are a problem for you.

WHAT I EAT (or don't eat!):

- I eat too much fast food
- I eat too much junk food
- I eat too much fat
- I do too much munching between meals
- I eat too many sweets
- I obsess too much about what I eat
- I don't take vitamins or minerals
- I drink too much fattening alcohol!
- I eat out of the bag/container too often
- I munch instead of eating regular meals
- I get too many calories from drinks (lattes, mochas, juice, pop)
- I don't eat enough fruit
- I don't eat enough dairy
- I don't eat enough vegetables
- I don't drink enough water
- I never read food labels
- I don't eat enough variety
- I drink too much pop
- I eat too much sodium (salt)
- I eat too much when I bake/cook

WHEN I EAT (or don't eat!):

- I eat too much on the weekends
- I eat too much late at night
- I get up at night when I can't sleep and eat!
- I skip meals and then binge
- I eat too much at meals rather than have snacks to curb my appetite
- I skip breakfast
- I skip meals
- I eat on the run

WHERE: I EAT (or don't eat!):

- I eat on the run
- I eat in front of the T.V.. or on the couch
- I splurge too much when I eat out at a restaurant or movie theater, etc.
- I eat in the car
- I won't eat in front of people

WHY: I EAT (or don't eat!):

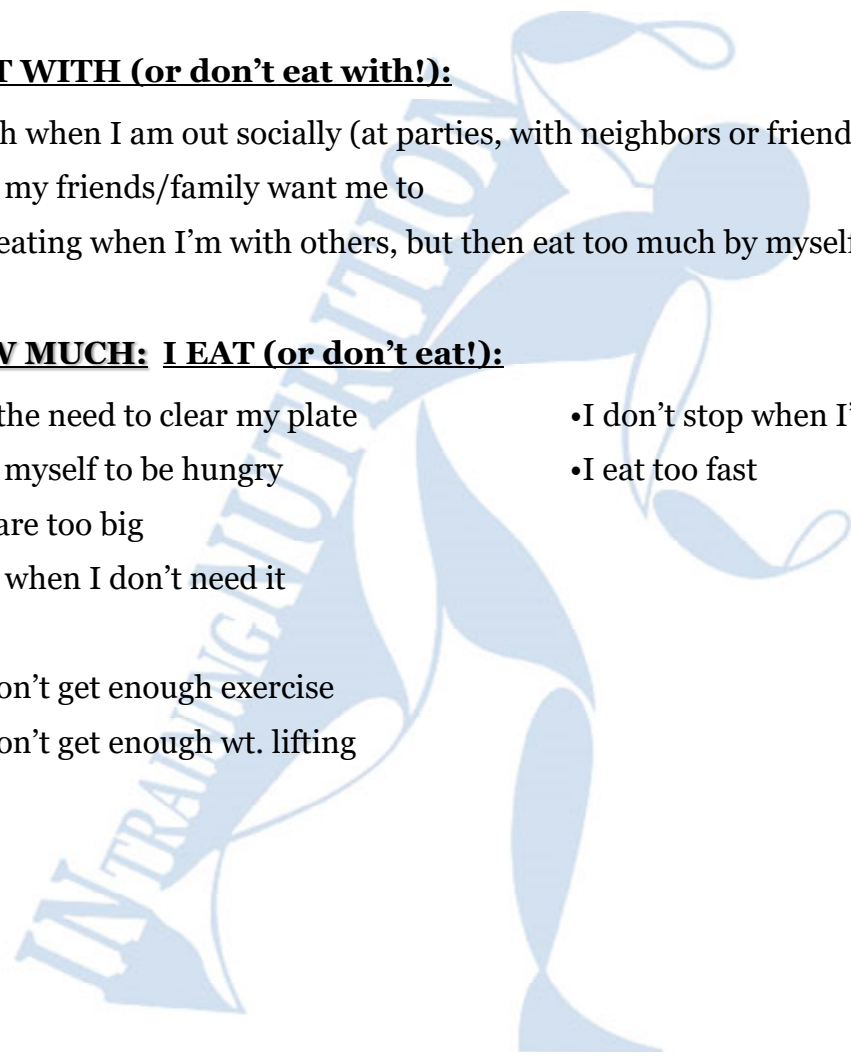
- I eat because I always seem to be “starving”
- I eat when I’m stressed
- I figure I’ve blown it for the day anyway...
- I eat rather than “waste” leftovers
- Once I get started, I can’t stop myself
- I tell myself “I’ll start my diet tomorrow”
- I eat to reward myself
- I can’t control my eating
- I eat when I’m depressed
- I don’t eat when I’m depressed
- I eat when I’m bored

WHO: I EAT WITH (or don't eat with!):

- I eat too much when I am out socially (at parties, with neighbors or friends, for business, etc.)
- I eat because my friends/family want me to
- I control my eating when I’m with others, but then eat too much by myself

HOW / HOW MUCH: I EAT (or don't eat!):

- I always feel the need to clear my plate
- I never allow myself to be hungry
- My portions are too big
- I get seconds when I don’t need it
- I don’t stop when I’m full
- I eat too fast
- OTHER: -I don’t get enough exercise
- OTHER:- I don’t get enough wt. lifting
- OTHER



NOW, HERE IS WHAT YOU CAN DO TO BECOME A HEALTHIER EATER FOR LIFE:

1. CHOOSE **2** HABITS YOU CIRCLED ABOVE THAT YOU FEEL ARE MAKING THE BIGGEST NEGATIVE IMPACT ON YOUR HEALTH. Write a **specific** goal for each area (for instance, “When I want to skip breakfast, I will eat one small thing.” Or, “When I want a dessert, I will only let myself have one serving of it, and only 3x a week.”

a)

When I _____

I will _____

b)

When I _____

I will _____

