

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: 7 AM

Toast with peanut butter & jam / Coffee with cream & sugar / Glass of orange juice

Right now, are you following any particular diet or style of eating?

(e.g., vegetarian / vegan, Paleo, kosher / halal, low-carb)

Y N

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?

ALL OVER
THE PLACE

1

2

3

4

5

6

7

8

9

10

PERFECTLY
CONSISTENT,
ALL THE TIME

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?

Y N

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

Y N

How often do you have a bowel movement?

- More than 3 times daily
- 1-2 times daily
- A few times a week
- 2-3 times daily
- Once every 2-3 days
- Weekly or less

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

Y N

Hunger cues and appetite

On a scale of 1-10, how would you describe your normal appetite / hunger?

NEVER
HUNGRY

1

2

3

4

5

6

7

8

9

10

ALWAYS
STARVING/
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 cravings?

- Yes, often
- Sometimes; it depends
- No, 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)

Y N

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)

Y N

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

- Almost always Sometimes Never
 Often Rarely

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
 Often Rarely

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

- Try to eat less at subsequent meals Try to get back in control of things Keep eating... what the heck, already blown it
 Skip the following meal(s) Purge by vomiting and / or laxatives
 Try to exercise to burn it off Forget about it and go back to normal eating Other:
 Feel bad

How often do you skip meals or purposely go a long time without eating?

- Almost always Sometimes Never
 Often Rarely

Daily habits and environment

How often do you normally make meals at home?

- 0 meals a day
- 1-2 meals a day
- 3-4 meals a day
- All meals prepared at home

How often do you normally eat meals in restaurants / cafeterias?

- 0 meals a week
- 1-2 meals a week
- 3-4 meals a week
- 5 or more meals eaten in restaurants / cafeterias

How often do you shop for food?

- More than daily
- Daily
- Every other day
- A couple times a week
- Once a week
- Less than once a week
- I never shop for food; it just magically appears in my house

On a scale of 1 to 10, how would you rank your food preparation and cooking skills right now?

TERRIBLE /
NONEXISTENT

1

2

3

4

5

6

7

8

9

10

EXPERT CHEF

Do you like cooking?

- Yes
- Sometimes, 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?

