

# Take the Eating Type Quiz:

Grab a pen and answer each question below. Count how many of each letter you choose.

**1. When you eat, what describes your environment best?**

- a) Surrounded by people, often eating out or with friends/family
- b) Alone, often when feeling emotional
- c) In front of the TV or computer without thinking
- d) At consistent times out of routine or habit
- e) When hungry or after a workout

**2. What's your biggest eating challenge?**

- a) Peer pressure or social expectations
- b) Using food to cope with stress, sadness, or boredom
- c) Snacking without realizing it
- d) Stuck in the same food routines
- e) Staying energized and nourished consistently

**3. How do you usually feel after eating?**

- a) Full, but happy from the company
- b) Guilty or regretful
- c) Surprised I ate that much
- d) Neutral, it's just a habit
- e) Satisfied and ready for what's next

**4. Which statement sounds like you?**

- a) "Eating is part of my social life."
- b) "I eat when I'm feeling something, not just hungry."
- c) "I barely notice I'm eating sometimes."
- d) "I eat the same way every day."
- e) "Food is fuel to support my goals."

**5. What would make the biggest difference for you?**

- a) Setting boundaries at social events
- b) Managing emotions without turning to food
- c) Being more mindful and intentional
- d) Breaking old habits
- e) Fine-tuning nutrition for energy and balance

**Tally Your Results:**

- Mostly A's: **Social Eater**
  - Mostly B's: **Emotional Eater**
  - Mostly C's: **Mindless Eater**
  - Mostly D's: **Habitual Eater**
  - Mostly E's: **Fuel-Driven Eater**
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**Your Eating Type Snapshot****Social Eater**

You eat in social settings and may feel pressured to go along with the group. You value connection but need tools to stay aligned with your health goals.

**Strategy:** Eat before events, plan your choices, and learn to say no with confidence.

**Emotional Eater**

You turn to food when overwhelmed, lonely, anxious, or bored. The trigger isn't hunger — it's emotion.

**Strategy:** Build a toolbox of non-food coping strategies (journaling, movement, support).

**Mindless Eater**

You eat on autopilot while distracted or multitasking, often not noticing hunger or fullness.

**Strategy:** Practice mindful eating: no screens, small portions, chew slowly, pause mid-meal.

**Habitual Eater**

You rely on routine more than internal hunger cues. You eat because it's "time," not because you're hungry.

**Strategy:** Add variety and check in with real hunger before each meal.

## Fuel-Driven Eater

You eat to nourish and support your body. You're intentional, but may still need support to personalize and sustain.

**Strategy:** Optimize your protein, pacing, and flexibility for long-term success.

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## Ready for a Personalized Plan?

This quiz is just the beginning! Let's take your results and discuss next steps that fit your real life.

 **Book your FREE Eating Breakthrough Call:**

We'll talk through your results, clarify your challenges, and map out next steps so you feel in control again.

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*This guide is brought to you by* **Laura Phipps / Health Transformation Coach.**

Helping women rebuild trust with food, one breakthrough at a time.