

## Dietary Adherence Behavioral Snapshot – 8 Items (DA-BSA-8™)

You said you are trying to follow a healthy eating plan. Many people find it challenging to stick to their plan every day. We'd like to hear about your experience. There are no right or wrong answers — please answer based on your personal experience in the past 7 days.

### 1. Missed Plan

In the past week, have you missed following your healthy eating plan?

☐ No ☐ Yes, once ☐ Yes, more than once

### 2. Self-Directed Deviation

Have you intentionally eaten something off your plan without it being part of your prescribed or intended diet?

☐ No ☐ Yes, once ☐ Yes, more than once

### 3. Outcome-Driven Change

Have you eaten foods outside your plan because it made you feel better, more satisfied, or relieved stress?

☐ No ☐ Yes, once ☐ Yes, more than once

### 4. Contextual / Routine Lapse

Have situations such as being busy, out of the house, or with others caused you to eat off-plan?

☐ No ☐ Yes, once ☐ Yes, more than once

### 5. Recent Compliance

The last time you ate, did you stick to your healthy eating plan?

☐ No ☐ Yes, once ☐ Yes, more than once

### 6. Intentional Relaxation

When you feel your health or weight is improving, have you relaxed your plan or eaten foods you normally avoid?

☐ No ☐ Yes, once ☐ Yes, more than once

### 7. Perceived Difficulty / Burden

Has following your eating plan felt too difficult, stressful, or overwhelming in the past week?

☐ No ☐ Yes, once ☐ Yes, more than once

### 8. Consistency / Memory

Has your overall adherence to your eating plan felt inconsistent or irregular compared with how you intended?

☐ No ☐ Yes, once ☐ Yes, more than once

Please speak with your healthcare provider if you have questions about your medications or if there are things making it difficult to take them as prescribed. Adherence is a journey, not a test—your answers help illuminate the path.