

Name: _____

Per: _____ Date: _____

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 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

