

# 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?**

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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?**

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**What are some of the foods or meals you like MOST?**

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**What are some of the foods or meals you DON'T like?**

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.....

**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?**

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## Food and health

**Do you have any known / diagnosed food allergies or intolerances?** If yes, what are those?

(Y) (N)

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

(Y) (N)

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**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

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## 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?**

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**What do you normally do when you have cravings?**

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**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)



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**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)



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

- Almost always
- Often
- Sometimes
- Rarely
- Never

**If you think about food and eating more than sometimes, what in particular do you think about?**

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**How often do you eat to the point of being full or stuffed?**

- Almost constantly
- Often
- Sometimes
- Rarely
- Never

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

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

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

- Almost always
- Often
- Sometimes
- Rarely
- Never

## 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?

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### If yes or sometimes, what do you enjoy about it?

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## 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?

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