

# 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?**

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.....

**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?**

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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?**

.....

.....

**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

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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)

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?**

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.....

**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: .....

**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?

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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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