

CHOOSE THE EATING STRATEGY THAT WORKS BEST FOR YOU

Which Strategy Will Work Best For You?

1. How often do you eat out (don't forget the count breakfasts, brunches, and lunches, as well as dinners)?
 - A. Three to five times a week
 - B. More than five times a week
 - C. Once or twice a week

2. How aware are you of the number of calories you are consuming?
 - A. Haven't a clue
 - B. Sort of aware
 - C. Very aware

3. Do you like to plan ahead or go with the flow?
 - A. Go with the flow
 - B. Plan when I can
 - C. Planning is my strong suit

4. Do you feel like you have already cut out high-calorie foods from you diet?
 - A. Haven't really paid attention
 - B. Somewhat
 - C. Absolutely

5. Do you read food ingredient labels?
 - A. Sometimes
 - B. Can't be bothered
 - C. Always

6. Do you enjoy cooking at home?
 - A. When I have time
 - B. Not really
 - C. Love it

7. Do you like to look up nutrition facts (in brochures, books, or on the Web) about The food you're eating?

- A. Can't be bothered
- B. Sometimes
- C. Love it

8. How often do you eat fast food?

- A. A few times a week
- B. Every day
- C. Seldom or never

9. Do you like to try new foods and new cooking methods?

- A. Somewhat
- B. Not really
- C. Absolutely

10. How balanced are your meals?

- A. Somewhat
- B. Very
- C. Haven't a clue

Total Number of As _____

Total Number of Bs _____

Total Number of Cs _____