

Please check all of the following that apply to you (even if you only do these things occasionally):

- I eat while preparing meals
- I eat when I'm not hungry
- I overeat if I get too hungry
- I eat in response to the clock (i.e. it's noon therefore it must be lunchtime.....)
- I skip meals
- I eat rapidly
- I eat unconsciously / mindlessly
- I eat past fullness
- I binge eat or eat secretively
- My portions at meals are too large
- I have difficulty throwing food away
- I gravitate towards and/or overeat a particular type of food (i.e. sweets.....): _____
- A specific time of day is difficult with regard to food (i.e. evenings): _____
- I eat in response to food advertisements
- I eat while reading, watching TV, while on the computer, etc.....
- I eat in rooms besides the kitchen or dining room
- I eat while driving or "on the run"
- I eat more (or differently) on weekends
- I often have more than one helping of food at a meal
- I feel the need to "clean my plate"
- I exercise regularly (at least 3x/wk) and my activity is: _____
- I think I am overweight even though I am technically within my ideal body weight range
- I often recognize hunger signals but dismiss them for fear of gaining weight