



1. How many hours do you wait in-between snacks and meals?
2. Are you eating at least two cups of fruit each day?
3. Are you eating at least two and half cups of vegetables each day?
4. Are the fruits and vegetables you eat varied? (Dark green veggies, orange veggies, legumes, such as beans, starchy vegetables, such as carrots, and other vegetables)
5. How much water did you drink today?
6. Of all the bread, rice, pasta or baked goods that you ate, were at least half of these whole grain instead of white?
7. How many meals contained a fried food? Was it fried in shortening, grease or a vegetable oil?
8. How many times did you eat fish?
9. How many times did you eat red meat?
10. When you eat meat, poultry or fish, did you choose lean cuts and/or prepare them using low fat cooking methods (skin removed from chicken, grilled instead of fried, etc.)
11. Did you use butter, mayo or creamy spreads or dressings?



12. How many alcoholic drinks did you have?
13. How many sweetened drinks did you have (alcohol, sodas, coffee drinks, teas, smoothies, juices, juice drinks, energy drinks, flavored waters, etc.)?
14. How much candy did you eat?
15. How many desserts did you eat?
16. How many meals did you eat from a fast-food restaurant?
17. How often did you eat food from a vending machine?
18. Did you cook your meal from scratch?
19. Did you eat any nuts?
20. How many days per week do you work out? Aerobic and/or resistance training?