

man on top

lose fat, get fit, and control your weight for life

Life Questionnaire

Eating Habits	Weeks 1-2 Score 1-5	3-4 Score 1-5	5-6 Score 1-5	7-8 Score 1-5	9-10 Score 1-5	11-12 Score 1-5
• I eat breakfast every day						
• I eat protein with every meal						
• I eat vegetables or fruits with every meal						
• I avoid fast food						
• I avoid sodas, juice, and sugary drinks						
• I avoid snacks						
• I usually skip desserts						

Score each statement with a number from 1 to 5, where “never” is a 1, and “always” is a 5.

Work Habits	Weeks 1-2 Score 1-5	3-4 Score 1-5	5-6 Score 1-5	7-8 Score 1-5	9-10 Score 1-5	11-12 Score 1-5
• I move around a lot at work						
• I stand a lot at work						
• I tend to fidget in my seat at work						
• I avoid treats at the office						
• My employer provides a free gym membership						
• I am active on my lunch break						

Score each statement with a number from 1 to 5, where “never” is a 1, and “always” is a 5.

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Free Time Habits	Weeks 1-2 Score 1-5	3-4 Score 1-5	5-6 Score 1-5	7-8 Score 1-5	9-10 Score 1-5	11-12 Score 1-5
• I play sports with my friends						
• I avoid watching TV						
• I wash my own car						
• I make time for exercise						
• I avoid drinking alcohol						
• I walk for 30 minutes every day						

Score each statement with a number from 1 to 5, where “never” is a 1, and “always” is a 5.

Family Habits	Weeks 1-2 Score 1-5	3-4 Score 1-5	5-6 Score 1-5	7-8 Score 1-5	9-10 Score 1-5	11-12 Score 1-5
• I cook most of the meals at home						
• I play sports with my kids						
• My whole family eats healthy						
• I walk the dog every day						
• I am always on top						
• I do my own yard work						
• I help with chores						
• I do the grocery shopping						

Score each statement with a number from 1 to 5, where “never” is a 1, and “always” is a 5.