Nutrition Behavior Checklist

Often times our behaviors, choices, and circumstances can affect our food intake and potentially get in the way of achieving personal goals. Awareness is the first step in changing problem behavior patterns and in creating new ones. Please read the following statements and check off all of those that apply to you. I often.....

_____ Eat in various places of my home other than at a table (ie, standing up, on the bed)
_____ Eat while doing other activities (ie, watching TV, reading, emailing, texting, talking on the phone)
_____ Eat all of the food on my plate, even when I am full
_____ Eat when I am upset or nervous
_____ Eat when I am bored
_____ Eat when I am depressed
_____ Eat when I am lonely
_____ Eat when I am angry
_____ Eat when I am happy
_____ Eat when I am not hungry, but the food looks or smells good
_____ Eat quickly
_____ Reward myself with food
_____ Shop for food when I am hungry
_____ Do not pre-plan my meals or snacks
_____ Eat randomly throughout the day
_____ Snack late at night
_____ Eat at fast food restaurants
_____ Eat desserts
_____ Eat sweet or sugary snacks
_____ Eat salty snacks
_____ Eat while driving in a car
_____ Eat packaged and processed foods
_____ Eat fried foods or add extra fat like butter, gravy, or mayonnaise
_____ Eat at restaurants/on campus
_____ Eat more frequently around certain people
_____ Eat in secret/alone (circle one, or both)
_____ Overeat on holidays or special occasions
_____ Go for hours without eating
_____ Check in with myself to determine if I am hungry, and how hungry I am before eating
_____ Think about my body and what and how much I am eating
_____ Go on crash diets
_____ Am preoccupied with calorie counting
_____ Weigh myself more than once a week
_____ My weight determines my happiness
_____ Feel that I don't have enough money to buy food
_____ Other ____________________________________________________________