

Survey on being overweight. Losing weight. Changing habits

What do you think about your current weight?

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Why do you want to lose weight?

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What are you going to do to change your habits?

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Have you ever tried dieting and lost weight?

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If you lost weight, did you gain it back?

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How do you think your health and habits will be in a year?

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What are your reasons for changing your habits?

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What are the reasons you have for not changing them?

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Your preferences

1. At mealtimes

- ☐ Pastries, sweets.
- ☐ Soft drinks, cola drinks.
- ☐ Alcoholic beverages.
- ☐ Fruits.
- ☐ Cheese, cold cuts.
- ☐ Eating too much bread.
- ☐ Hearty first courses.

2. When cooking

- ☐ You usually make stews, fried foods, battered foods, or boiled foods.
- ☐ You usually batter or fry fish/meat.
- ☐ You eat pre-cooked/processed foods (lasagna, croquettes, hamburgers, etc.).

3. Other habits

- ☐ You snack between meals...
- ☐ Do you do any kind of physical activity?
- ☐ Do you usually eat out?
- ☐ Do you usually order food delivery?

If you have made the decision...

To learn about your eating habits, **you should keep a record of everything you eat.**

A weekday

Breakfast:

Mid-morning snack:

Lunch:

Afternoon snack:

Dinner:

Late-night snack:

Snacking:

A holiday

Breakfast:

Mid-morning snack:

Lunch:

Afternoon snack:

Dinner:

Late-night snack:

Snacking:

Do you have any ideas for changing your habits?

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