

# PERSONAL INVENTORY

How many times have you tried to lose weight?

How many times have you lost weight and gained it back?

Are you happy with your current weight?

Are you willing to make changes to your eating habits?

Are you willing to meal prep and plan?

How often do you eat standing, driving or anything other than sitting?

Are you a slow or fast eater?

Are you good at chewing your food at least 10 times?

Do you take small or large bites generally?

Are you discouraged by dieting?

Do you feel a sense of unfairness around what others eat?

Do you eat before you get hungry?

Are you aware of the difference between emotional eating and eating out of genuine hunger?

Do you eat out of boredom?

Do you eat to prolong a task?

How often do you think about food?

## HOW OFTEN DO YOU THINK THE FOLLOWING:

Choose from Never, Often or Always

It's just a bite, it won't hurt.

I worked out, I can afford it.

I deserve a treat.

I will make up for it later.

I can start again tomorrow,

I will blow the day.

It will go to waste.

I can't waste food,

No one is watching.

It won't matter.

I already blew it, why not blow the whole day.

I don't care.

I have no will power.

I am celebrating.

I already cheated

## HOW OFTEN DO YOU THINK THE FOLLOWING:

One more won't matter

People will think I am rude if I don't eat the cake.

People will think I am rude if I eat healthy.

My friends won't like me healthy.

Everyone else is eating it.

I paid for it, I am eating it.

I can't waste food,