

QUIZ

UNDERSTANDING YOUR HABITS

It's time to ask yourself what led you to gain weight in the first place. The answers are just for you to identify issues you may have around food behaviour (brining awareness to these, not judgement of them). By identifying these obstacles to your successful weight loss, you can take steps to overcome them.

QUESTION	Y/N
Do you eat snacks when you're not hungry?	<input type="checkbox"/>
Are you often "grazing" throughout the day?	<input type="checkbox"/>
Do you eat on autopilot when you're stressed or emotional?	<input type="checkbox"/>
Do you eat mainly ready meals or takeaways?	<input type="checkbox"/>
Do you enjoy fruit and vegetables and fill yourself up on these?	<input type="checkbox"/>
Do you eat more processed or packet food compared to fresh or home cooked food?	<input type="checkbox"/>
Do you get the recommended amount of fibre each day (30g)?	<input type="checkbox"/>
Do you know which foods are fibre-rich?	<input type="checkbox"/>
Are you a fridge raider?	<input type="checkbox"/>
Are you drinking 1.5-2 litres of water (or clear fluids) each day?	<input type="checkbox"/>
Do you struggle to control cravings?	<input type="checkbox"/>
Do you eat protein with every meal?	<input type="checkbox"/>
Do you know what foods contain protein?	<input type="checkbox"/>
Do you drink beer, wine or fizzy drinks regularly?	<input type="checkbox"/>
Are you in the habit of adding sugar to every hot drink?	<input type="checkbox"/>
When you're watching television in the evening, do you get the nibbles and snack?	<input type="checkbox"/>
Is there some other behaviour you know you have around food that might be sabotaging your weight loss efforts?	<input type="checkbox"/>