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Wellness You Can Feel.

Name: _____ Date: _____

Eating Behavior Inventory

Explore Different Behaviors	Almost Never	Occasionally	Frequently	Almost Always
Explore Meal and Snack Patterns				
1. I skip breakfast.				
2. I skip lunch.				
3. I eat 3 square meals each day.				
4. I go many hours between my meals.				
5. I typically just eat one or two large meals a day.				
6. The largest part of the food I eat in a day is consumed between late afternoon and bedtime.				
7. I frequently don't eat breakfast because I still feel full from my meals the day before.				
8. I snack all during the day. My usual number of snacks is _____.				
9. The snacks I usually choose are chips and dip, candy, and other sweets.				
10. The snacks I usually choose are fresh fruits, vegetables, and other healthier options.				
11. I tend to snack late at night.				
12. My snack choices tend to be unhealthy choices at work?				
13. My snack choices tend to be unhealthy choices at home?				
Explore Different Environments—How Do Different Places Influence You?				
14. I mainly overeat at home.				
15. I mainly overeat at work.				
16. I eat in the car.				
17. I overeat when I'm with friends or at social events, even though I'm not hungry.				
18. I overeat when I'm running errands and just grab whatever is available. I don't bring along foods to eat.				
19. I mainly overeat at restaurants.				
20. I typically overeat during holidays, vacations, or special occasions.				

What Influences (Triggers) You to Eat More?

21. I tend to nibble when I'm around the house even though I'm not hungry.				
22. I nibble on food while I watch TV, work at the computer, or work at my desk.				
23. If a food is in sight, just the reminder that the food is there is enough to make me eat it, whether I'm hungry or not.				
24. I'm triggered to eat by delicious smells.				
25. I'm tempted to eat after watching TV commercials.				
26. I'm easily influenced by delicious recipes in food magazines or books.				
27. I'm tempted to grab whatever to eat when I don't take time to plan meals or snacks.				
28. I eat more when I buy LARGE containers or bags of foods.				
29. I eat foods that are offered so that the cook will not be offended.				
30. I keep lots of junk foods (candy, chips, cookies, ice cream) in the house. Other people need them!				
31. I eat healthier during weekdays. Why?				
32. I get off track more often during weekends. Why?				

How Do Emotional/Physical States Influence You?

33. I eat more when I'm under pressure and feel stressed out.				
34. I eat more when I get bored.				
35. I eat more when I'm lonely.				
36. I eat more when I'm nervous or anxious				
37. I eat more when I'm angry or frustrated.				
38. I eat when I'm feeling tired and have things to do.				
39. I eat more when I'm feeling good and want to celebrate.				
40. Eating is one of the main ways I pleasure myself.				
41. I eat during times of crisis (during illness, loss of job, household or car breakdowns).				

How Does Your Proximity to Food Influence You?

42. If there's a little left over, I'll eat it rather than throw it out.				
43. I'll "clean my plate" even if I'm not hungry any more				
44. I spend considerable amount of time cooking (I'm in the kitchen a lot).				

45. I do quite a lot of baking (desserts, breads, cookies)				
46. I have a piece of my baked food soon after it is out of the oven.				
47. I taste foods as I'm preparing them in the kitchen.				
48. I keep a dish of candy or nuts out where people can help themselves, if they wish.				
49. I eat extra food at work when people bring snacks or at potlucks.				
Which Food Choices/Patterns Contribute to Extra Calories?				
50. I fry foods in oil or fats (such as meats, potatoes, French toast).				
51. I add sauces and gravies to meats, vegetables, and desserts.				
52. I add a generous amount of butter to vegetables, toast, and other foods.				
53. I prepare foods that contain cream soup, sauces, cream or half n' half, butter, margarine, or sour cream.				
54. I put lots of salad dressing (or meats, nuts, avocado, or croutons) on my tossed salads.				
55. I eat fairly rich desserts (cake, pie, other foods high in sugar and fat).				
56. I drink coffee with cream and sugar. How many cups of coffee a day? ____				
57. I drink regular-sugar soda pop or juice drinks.				
58. I eat my dessert, even on a full stomach.				
59. I cook large meals for a family of hearty eaters.				
Explore Out-Of-Home Meals				
60. I dine out frequently. How often? Which meals most often? Breakfast, lunches, or dinners? Why? When did that pattern start?				
61. I choose restaurants with buffets or HUGE portions. I want to get my monies worth!				
62. I regularly eat fast foods or use drive-troughs.				