

How many days out of the 7 day week do you eat breakfast? _____

What time of day do you usually eat breakfast? _____

How many days out of the 7 day week do you eat lunch? _____

What time of day do you usually eat lunch? _____

How many days out of the 7 day week do you eat dinner? _____

What time of day do you usually eat dinner? _____

Counting all meals and snacks, how many times a day do you usually eat? _____

How many days a week do you eat at the following:

	<i>Breakfast</i>	<i>Lunch</i>	<i>Dinner</i>
<i>Fast Food Restaurant</i>			
<i>Other types of restaurants</i>			

ACTIVITY HABITS

Do you exercise now? Yes _____ No _____

If yes, please indicate any exercise you do on a regular basis:

<i>Activity</i>	<i>Minutes/Day</i>	<i>Days/Week</i>
<i>Walk</i>		
<i>Jog</i>		
<i>Bike</i>		
<i>Elliptical</i>		
<i>Aerobic Rider, Glider</i>		
<i>Stairmaster</i>		
<i>Aerobics class</i>		
<i>Swim</i>		
<i>Weight Training</i>		
<i>Other</i>		

How long have you been exercising on a regular basis? _____

Or - How long has it been since you have exercised on a regular basis? _____

Do you have exercise equipment at home? Yes _____ No _____

If yes, what _____