

DO YOU FOLLOW FOOD RULES?

YES NO

- Do calorie numbers determine your meals?
- Are there foods or food groups you avoid?
- Do you only eat at certain times?
- Do you weigh or measure your food?
- Do you compare what you eat to other plates?
- Do you avoid sweets?
- Do you avoid starchy carbs?
- Do you have a list of "safe" foods?
- Do you eat differently in front of others?
- Do you feel the need to eat perfectly?

WHAT ELSE CAN YOU ADD? HOW DO YOU FEEL AT MEALS?