



Eating Habits
HEALTH SELF-ASSESSMENT

Self-assessments are a great way to check-in with how you are feeling. We often have a feeling that something is needed but not sure where it is coming from. Answer this short list of questions to get a pulse on where you are today?

1. How do I feel about my options for meals throughout the day?

Very Satisfied Somewhat Satisfied Neutral Somewhat Dissatisfied Very Dissatisfied

2. How do I feel about the amount and types of liquids I drink during the week?

Very Satisfied Somewhat Satisfied Neutral Somewhat Dissatisfied Very Dissatisfied

3. How do I feel I about my response to hunger cues?

Very Satisfied Somewhat Satisfied Neutral Somewhat Dissatisfied Very Dissatisfied

4. How do I feel about my understanding of food labels and grocery store layouts ?

Very Satisfied Somewhat Satisfied Neutral Somewhat Dissatisfied Very Dissatisfied

5. How do I feel about my frequency of bloating, upset stomach, and bowel movements?

Very Satisfied Somewhat Satisfied Neutral Somewhat Dissatisfied Very Dissatisfied

This is private information for you to use or share with your doctor and coach. We hope this helps you identify opportunities to make changes to improve your wellbeing.

www.gardenialove.org

