

| Name | Date | |
|------|--------------------------------|--|
| | | |
| | Keep In Balance© Questionnaire | |

Directions: For each of the 40 items, please indicate how often you engaged in this activity or experienced these thoughts or feelings in the last week. Place a check in the column that best applies, using the scale below. For the items that are not relevant to you, place a check in the column labeled NA for "not applicable."

1 = never in the last week

2 = at least once in the last week

3 = several times in the last wee

4 = once a day 5 = several times a day NA = not applicable

| | Item | 1 | 2 | 3 | 4 | 5 | N A |
|----|----------------------------------------------------------------------------------------------------|---|---|---|---|---|--------|
| 1. | I left food on my plate or discarded part of my snack. | | | | | | |
| 2. | I refused or did not take a second helping. | | | | | | |
| 3. | I ate food directly from the refrigerator/container (box, bag, bowl, etc.). | | | | | | |
| 4. | I considered the calories of what I am choosing to eat with a sense of curiosity instead of guilt. | | | | | | |



| 5. | I put away (or moved away from) tempting food which I knew I didn't want to eat. | | | |
|-----|-----------------------------------------------------------------------------------|--|--|--|
| 6. | I chose high quality/nutritious snacks to buy at the supermarket. | | | |
| 7. | I avoided buying foods at the supermarket that I tend to overeat. | | | |
| 8. | I noticed feelings in my stomach and body telling me how physically hungry I was. | | | |
| 9. | I waited to eat until I felt physically hungry enough. | | | |
| 10. | I stopped eating when I began to feel comfortably full. | | | |
| 11. | I ate to the point of feeling uncomfortably full. | | | |
| 12. | I stopped eating when I noticed I wasn't tasting the foods as much. | | | |
| 13. | I ate slowly, mindfully experiencing each bite of what I was eating. | | | |
| 14. | I stopped eating something because the pleasure of the taste went away. | | | |
| 15. | I stopped eating something because it tasted unpleasantly sweet, greasy or rich. | | | |
| 16. | I made up for over-eating earlier in the day by eating less later. | | | |
| 17. | I ate something tempting, rationalizing by thinking, "I deserve this." | | | |
| 18. | I ate something rich and then kept on because "I'd already blown it." | | | |



| 19. | I overate after feeling "I just don't care." | | | |
|-----|----------------------------------------------------------------------------------------------------------|--|--|--|
| 20. | I refused a tempting food, saying to myself, "I can always have it some other time." | | | |
| 21. | I ate something tempting thinking "Just this once won't matter." | | | |
| 22. | I overate after feeling upset about something. | | | |
| 23. | I ate because I was putting off doing something else (procrastinating). | | | |
| 24. | I ate because I felt like celebrating something. | | | |
| 25. | I ate just because I was bored. | | | |
| 26. | Even though I was upset, I allowed myself to have a small portion of a tempting food and didn't overeat. | | | |
| 27. | I ate something I like very much without eating too much of it. | | | |
| 28. | I let myself really enjoy and savor all the flavor and textures in a meal. | | | |
| 29. | I had a "treat" without over-eating. | | | |
| 30. | I refused food which someone else offered me. | | | |
| 31. | I ate to a comfortable level at a social gathering. | | | |
| 32. | I consciously chose the food I would eat at a party. | | | |



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| 33. | I ate a meal at a buffet without over-eating. | | | |
|-----|----------------------------------------------------------------------------------------------------------------------|--|--|--|
| 34. | I took the stairs instead of an elevator. | | | |
| 35. | I parked farther away from where I was going than necessary. | | | |
| 36. | I walked actively for at least 10 minutes. | | | |
| 37. | I walked actively for at least 20 minutes. | | | |
| 38. | I engaged in aerobic exercise (walking, biking) for at least 10 minutes. | | | |
| 39. | I engaged in aerobic exercise for at least 20 minutes. | | | |
| 40. | I was active on my feet for at least 30 minutes (gardening, cleaning, or other chores involving lifting or bending). | | | |