



Natalia García

Functional Nutrition & Wellness

Keep in Balance Questionnaire

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.						



Natalia García

Functional Nutrition & Wellness

Keep in Balance Questionnaire

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."						



Natalia García

Functional Nutrition & Wellness

Keep in Balance Questionnaire

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.						



Natalia García

Functional Nutrition & Wellness

Keep in Balance Questionnaire

1 = never in the last week

2 = at least once in the last week

3 = several times in the last week

4 = once a day

5 = several times a day

NA = not applicable

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).							