

LD
 5655
 A762
 no. 348-213
 VPI
 Spec

D. Why Did You Eat?

1. How often did you eat because you were:
 - a. hungry?
 - b. anxious?
 - c. bored?
 - d. depressed?
 - e. angry?
 - f. tired?
 - g. happy?
 - h. routine?
 - i. other?

Day 1	Day 2	Day 3

2. Did eating change your feeling of hunger? If yes, put an X through numbers in appropriate columns above. Do the same for other moods.

E. With Whom Did You Eat?

1. How often did you eat:
 - a. alone?
 - b. with family?
 - c. with friends?
2. How often was eating associated with a social event?

Analyze your eating habits. Look for conditions or environmental cues which trigger eating or lead to inappropriate eating behavior. Can you identify some problem foods, eating times, moods, people or places which lead to eating problems?

It might help to star time, place, mood, and company when inappropriate eating occurred. Conversely, it might be good to check those factors associated with desirable eating behavior.