1. At Dinner, I eat?

   A. Some type of red meat

   B. Chicken

   C. Pasta or Rice dish

2. Which meal sounds best for you for lunch?

   1. Pulled Pork Sandwich with a side salad and ranch dressing

   2. Grilled Salmon with pineapple salsa

   3. A rice bowl with veggies and soy sauce

3. I mostly eat?

   1. Out at restaurants on the weekend and at home during the week

   2. At restaurants throughout the week and on weekends

   3. I mainly eat at home rarely go out

4. As it relates to WW

   1. I am new and just starting

   2. I have been on and off for years

   3. I have been on it in the past and I have tried every program they have

5. When thinking about cooking I?

   1. Love to create new recipes

   2. Willing to try new things out of a cookbook

   3. I like to cook but tend to make the same things over and over

6. My thoughts on honest tracking (Do you really do it or not)

   1. I track every bite and I know it

   2. I usually track but sometimes I forget

   3. I am not good at it and I don't enjoy it

7. If I am going to overeat it will be?

   1. Some form of spaghetti

   2. Tacos

      3. Steak and potatoes

8. When thinking about whole foods(veggies and fruits) I?

      1. Could take it or leave it

      2. It is important to me but it doesn't rule my life

      3. I make a concerted effort to mainly eat whole foods

9. My thoughts on Keto?

      1. I want to control what I eat day to day not a diet

      2. I tried it and I eat low carb I enjoy it, but it doesn't rule my life

      3. I would never do it

10. My Thoughts on sugar-free products and convenience foods

      1. I eat them often

      2. I work them in when I need to

      3. I rarely utilize them

11. I cook for my family?

      1. Every Night

      2. A few days a week

      3. They are on their own they can eat what I make or make their own food

12. I like to use my points for?

      1. Sweets

      2. Nachos (enchiladas) something similar

      3. Jasmine Rice (any type of rice)

13. If I had to eat quinoa every day I would?

      1. I just wouldn't

      2. I would be able to do it it is ok I don't choose it often

      3. That would be awesome I love it

14. My biggest diet challenge is?

      1. Portion control

2. Overeating carbs

3. Fats

15. I tend to overeat

1. Often

2. From time to time

3. I almost never overeat