1. How often do you purposely add physical activity to your usual daily routines? (Examples: taking stairs instead of elevator, walking rather than driving, choosing a parking spot farther away, etc.)
   - Never or less than once a month
   - 1-6 times a week
   - Once a day
   - 2-4 times a day
   - 4 or more times a day

2. I enjoy being physically active.
   - Yes, I strongly agree.
   - Yes, I agree.
   - No, I disagree.
   - No, I strongly disagree.
   - I neither agree nor disagree.

3. I get as much physical activity as I need.
   - Yes, I strongly agree.
   - Yes, I agree.
   - No, I disagree.
   - No, I strongly disagree.
   - I neither agree nor disagree.

4. How often does self-consciousness about your body size or shape keep you from participating in physical activity?
   - Never
   - Seldom
   - Sometimes
   - Most of the time
   - Always

5. When you experience sensations of hunger (like a growling stomach, shakiness, and/or stomach contractions) do you usually eat?
   - Yes
   - No
   - I rarely experience hunger sensations

6. Do you usually quit eating when you start to feel full?
   - Yes
   - No
   - I don’t know how to tell when I’m full

7. How often do you eat food (meals or snacks) while doing another activity? (Examples: watching TV, working at a computer, reading, driving, playing video games, etc.)
   - Never
   - Seldom
   - Sometimes
   - Most of the time
   - Always

8. A “super-sized” portion of food is one that is much bigger but costs only a little more money. When you have the option of getting a “super-sized” portion, how often do you order it?
   - Never
   - Seldom
   - Sometimes
   - Most of the time
   - Always
9. How often do you eat without feelings of guilt?

☐ Never
☐ Seldom
☐ Sometimes
☐ Most of the time
☐ Always

10 a. Have you ever dieted to lose weight?

☐ No (Skip to 11)
☐ No but I plan to start a diet soon (Skip to 11)
☐ Yes (Go to 10b)
☐ Yes and I plan to start a diet soon (Go to 10b)

10 b. Which of the following statements best describes the last time you dieted to lose weight?

☐ More than 5 years ago
☐ 1 to 5 years ago
☐ 6 months to 1 year ago
☐ 3 to 6 months ago
☐ 1 to 3 months ago
☐ I am on a diet to lose weight now

11. I don’t care what people think about my body size or shape.

☐ Yes, I strongly agree
☐ Yes, I agree
☐ No, I disagree
☐ No, I strongly disagree
☐ I neither agree or disagree

12. I have abilities, skills and strengths that are more important than my body size and shape.

☐ Yes, I strongly agree
☐ Yes, I agree
☐ No, I disagree
☐ No, I strongly disagree
☐ I neither agree or disagree

13. Choose the one phrase that best describes your overall feelings about yourself: “In general, I am . . .”

☐ very happy with who I am
☐ happy with who I am
☐ okay with who I am, but I have some mixed feelings
☐ unhappy with who I am
☐ very unhappy with who I am

14. Choose the one phrase that best describes you: “As compared with most people, I think I have . . .”

☐ very good self-esteem
☐ good self-esteem
☐ average self-esteem
☐ poor self-esteem
☐ very poor self-esteem

Thank You!

This questionnaire is shared as a program evaluation tool for the A New You: Health for Every Body curriculum. It is not a validated research instrument and is not intended to be used beyond program evaluation for this curriculum.