

Blissfully Lively Kitchen Makeover Questionnaire

- 8.. When food shopping, fo you buy economy sized bags, or do you buy smaller portions?
A. More than half the time I buy economy sized (+3)
B. More thna half the time I buy smaller portions (-3)
9. How often do you shop for groceries?
A. Fewer than 3 times a month (+5)
B. Once a week (-1)
C. More than once a week (-5)
10. Do you keep food in plain view around the house?
A. Yes (+3)
B. No (-3)
11. Do you think healthy eating means low fat eating?
A. Yes (+2)
B. No (-2)
12. If someone were to point to a food in your kitchen would you know if it were composed of mostly carbs, fat or protein?
A. Yes (-2)
B. No (+2)
13. When you prepare meals from recipe books, do you use those that contain healthy recipes?
A. Most of the time (-5)
B. Half the time (0)
C. Almost never (+5)
14. Do you prepare meals in advance to take with you to work, on trips, etc.
A. Yes, always (-5)
B. more than half of the time (-2)
C. less than half of the time (+2)
D. Almost never (+5)

