

## Food Journaling for Success Session

### Questionnaire for New Participants

1. According to the study mentioned, participants that logged 6 days per week lost \_\_\_ as much weight as the participants that logged less than or equal to 1 day per week.
2. Name 2 benefits of tracking your food intake.
  - a.
  - b.
3. Name the method of food tracking you will be using:\_\_\_\_\_.
4. List 3 details to include in your food journal other than the name of the food you ate.
  - a.
  - b.
  - c.
5. On the portion control slide with nuts/trail mix, the estimated or “eyeball” portion contained how many more calories than the recommended portion? Hint: the recommended portion was 180 calories. \_\_\_\_\_.
6. True or False: As long as I stay within my calorie needs for the day, the foods I choose do not matter. Circle one T / F.
7. Scenario: I *don't have time* to keep a food journal. What is one tip you would give me?
  - a.
8. What is one detail most people neglect to include in the food journals?
  - a.

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### Questionnaire for those participating for their second or more competitions since Summer 2022

1. Since you have participated in the Biggest Loser before, do you find more success when you journal? Why or why not? What is something new that stood out to you when watching this video again?
  - a.
  - b.
2. What will you do differently for this contest as far as food journaling to help you be successful/more successful than the past?
  - a.
  - b.
3. What are the biggest challenges for you when food journaling?
  - a.
  - b.
4. What are your weaknesses when it comes to eating healthy and making lifestyle changes in your eating?
  - a.
  - b.
5. What changes will you make in your daily nutrition to eat healthier?
  - a.
  - b.
  - c.
6. What makes you decide to compete in this competition more than once?
  - a.
  - b.