**Food Diary Survey**

**Respond to each item by circling the number that best matches your opinion:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Item** | **Strongly Disagree** | **Disagree** | **Neutral** | **Agree** | **Strongly Agree** |
| It was easy for me to use this food diary. | 1 | 2 | 3 | 4 | 5 |
| The food diary made me think about what I eat. | 1 | 2 | 3 | 4 | 5 |
| I would use this food diary to track my eating in the future. | 1 | 2 | 3 | 4 | 5 |
| This food diary is better than other food diary I’ve used. | 1 | 2 | 3 | 4 | 5 |
| I understood what I was supposed to do in this food diary. | 1 | 2 | 3 | 4 | 5 |

*Comments on the food diary:*

**Respond to each item by circling the number that best matches your opinion:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Item** | **Strongly Disagree** | **Disagree** | **Neutral** | **Agree** | **Strongly Agree** |
| It was easy for me to use this food diary. | 1 | 2 | 3 | 4 | 5 |
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| This food diary is better than other food diary I’ve used. | 1 | 2 | 3 | 4 | 5 |
| I understood what I was supposed to do in this food diary. | 1 | 2 | 3 | 4 | 5 |

*Comments on the food diary:*