
PERSONAL STYLE PROFILE

Using the scale below, rate each statement for how accurately it describes your behavior or how you feel *most of the time*.

1	2	3	4	5	6	7
almost never			about half the time			almost always

1. Given a choice, I usually take the stairs to go from one floor to another. DESCRIBES YOU: _____
2. Taking a walk is attractive to me as a way to spend a spare half hour. DESCRIBES YOU: _____
3. I do some form of reasonably strenuous physical exercise at least three days almost every week. DESCRIBES YOU: _____
4. I enjoy working up a sweat when I exercise. DESCRIBES YOU: _____
5. At least once every day I move briskly (e.g., walk) for five or more minutes. DESCRIBES YOU: _____

6. Even when I see and smell my favorite foods, I can avoid eating when I am not hungry. DESCRIBES YOU: _____
7. If I am engrossed in a task and do not know what time it is, my body lets me know when it is time to eat. DESCRIBES YOU: _____
8. I resist going in search of food when I watch tempting television food commercials. DESCRIBES YOU: _____
9. I usually feel satisfied and do *not* feel uncomfortably stuffed at the end of a meal. DESCRIBES YOU: _____
10. I find it very easy to resist “tasting” while I cook my favorite foods. DESCRIBES YOU: _____
11. My eating behavior is fairly consistent whether or not my life is going smoothly. DESCRIBES YOU: _____
12. Depression and stress usually make me lose my appetite. DESCRIBES YOU: _____
13. I can usually resist binge eating (i.e., uncontrolled episodes of excessive overeating). DESCRIBES YOU: _____
14. I take steps to reduce stress before it builds to uncomfortable levels. DESCRIBES YOU: _____
15. When I find myself upset and overeating, it is fairly easy for me to stop and do something else. DESCRIBES YOU: _____
16. Having worked through and understood Module 2, it is now easy for me to shop for food with confidence knowing that my selections will be healthful and low in fat. DESCRIBES YOU: _____
17. I am confident that I can plan enjoyable, delicious dinner parties and stay within my appropriate daily food group exchange levels. DESCRIBES YOU: _____
18. I stay with my eating plan for the day even when I am faced with unexpected restaurant meals or dinner invitations. DESCRIBES YOU: _____

19. I can read and use manufacturers' food labels to get useful information when selecting foods at the market.

DESCRIBES YOU: _____

20. I find it quite easy to request that food be prepared to my specifications when I dine in restaurants. DESCRIBES YOU: _____