

Fast Food Questionnaire and Study

For each of the following statements, indicate your level of agreement or disagreement that most closely represents your feelings. There are no right or wrong answers.

1. I eat fast food more than five times per week Strongly disagree _____ Strongly agree
2. My busy schedule has an impact on what I eat Strongly disagree _____ Strongly agree
3. Managing stress is the most important part of a healthy lifestyle
Strongly disagree _____ Strongly agree
4. I work out more than 3 times a week Strongly disagree _____ Strongly agree
5. I prefer to eat out than to cook at home Strongly disagree _____ Strongly agree
6. I'm too busy to work out Strongly disagree _____ Strongly agree
7. I eat fast food because it is convenient and cheap Strongly disagree _____ Strongly agree
8. I can't afford healthy foods (fruits, vegetables, nuts, organic products, etc.)
Strongly disagree _____ Strongly agree
9. I pack my lunch because I don't eat fast food Strongly disagree _____ Strongly agree
10. I have a favorite activity that I use to manage stress . Strongly disagree _____ Strongly agree
11. How many times per week do you eat out? _____
12. When you think about the times you eat out, what percent would be at a fast food? _____%
13. When you think about all the meals you eat, what percent would be meals cooked at home? _____%
14. Typically, how many hours of sleep do you get per night? _____ hours per night
15. In a typical week, how many hours do you spend in some type of physical activity? _____ hours per week.

For each of the following, indicate how important each is to you in maintaining a healthy lifestyle.

16. Working out Very unimportant _____ Very important
17. Healthy diet Very unimportant _____ Very important
18. Mental health Very unimportant _____ Very important

Evaluate each of the following a scale of 1 to 5 based on how much you like the physical activity.

19. Running Very undesirable _____ Very desirable
20. Yoga Very undesirable _____ Very desirable
21. Heavy weight lifting Very undesirable _____ Very desirable
22. Zumba Very undesirable _____ Very desirable
23. Other physical activity Very undesirable _____ Very desirable

24. If you work out, how many minutes is your average work out? _____ minutes per workout
25. How many minutes go into the decision of where to eat a meal? _____ minutes

Please evaluate each of the following types of foods in terms of your personal preference.

26. Cheeseburger and fries Very undesirable _____ Very desirable
27. Grilled chicken and vegetables Very undesirable _____ Very desirable
28. Deli sandwich with fruit or chips Very undesirable _____ Very desirable
29. Pizza Very undesirable _____ Very desirable
30. Salad Very undesirable _____ Very desirable

How do you relieve stress? (Choose all that apply)

- 31. Yoga/meditation _____
- 32. Exercise (running, weight lifting, cardio intervals) _____
- 33. Eating _____
- 34. Talking to someone _____
- 35. Sleeping _____
- 36. Other activity _____

- 37. What is your gender? Female _____ Male _____
- 38. What is your age? _____
- 39. What is your total family income?
 - \$0 to \$24,999 _____
 - \$25,000 to \$49,999 _____
 - \$50,000 or more _____
- 40. What is your race?
 - Caucasian _____
 - African-American _____
 - Other _____