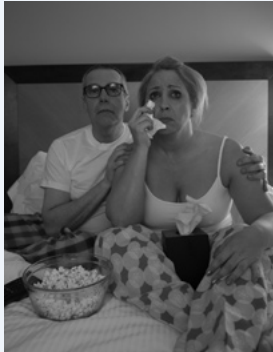


Where Do I Eat?



While Walking



In Bed



Talking on the Phone



At Home in the _____



In a car



Kitchen or Dining Room Table



While Watching TV



At the Park

Other: _____

Other: _____

Activity Sheet Questions:

1. How many areas did you check above? _____

2. If you do not eat most of your meals, including snacks, in the kitchen/dining area, what can you do to eat in this area more often?

3. What strategy will you practice to improve your eating habits?
