

WILLPOWER QUESTIONNAIRE

For the following questions **HIGH** is a willpower tracking score of 5-10. **LOW** is a willpower tracking score of 0-4.

Circle the best answer below each statement:

I feel good about myself when my food related willpower level is HIGH.

Strongly Agree Agree Don't Know Disagree Strongly Disagree

I feel good about myself when my food related willpower level is LOW.

Strongly Agree Agree Don't Know Disagree Strongly Disagree

I feel better about myself when my food related willpower level is HIGHER than when it is LOWER.

Strongly Agree Agree Don't Know Disagree Strongly Disagree

It is a struggle for me when my food related willpower is HIGH.

Strongly Agree Agree Don't Know Disagree Strongly Disagree

It is a struggle for me when my food related willpower is LOW.

Strongly Agree Agree Don't Know Disagree Strongly Disagree

It is more of a struggle for me when my food related willpower is LOWER than when it is HIGHER.

Strongly Agree Agree Don't Know Disagree Strongly Disagree

I sabotage my eating goals for the day when my food related willpower is HIGH.

Strongly Agree Agree Don't Know Disagree Strongly Disagree

I sabotage my eating goals for the day when my food related willpower is LOW.

Strongly Agree

Agree

Don't Know

Disagree

Strongly Disagree

It's hard for me to stay on track with eating choices when my food related willpower is HIGH.

Strongly Agree

Agree

Don't Know

Disagree

Strongly Disagree

It's hard for me to stay on track with eating choices when my food related willpower is LOW.

Strongly Agree

Agree

Don't Know

Disagree

Strongly Disagree

Circle the feelings you have when your food related willpower is HIGH:

Happy	Sad	Proud	Successful
Powerful	Angry	Failure	Surprise
Accomplished	Fear	Confident	Shame
Guilt	Bored	Stress	Hopefulness
Attractive	Motivated	Optimistic	Pessimistic
Fatigue	Satisfaction	Ugly	Hopelessness

Circle the feelings you have when your food related willpower is LOW:

Happy	Sad	Proud	Successful
Powerful	Angry	Failure	Surprise
Accomplished	Fear	Confident	Shame
Guilt	Bored	Stress	Hopefulness
Attractive	Motivated	Optimistic	Pessimistic
Fatigue	Satisfaction	Ugly	Hopelessness