

Well Now Questionnaire 12-item

Think about what you did **LAST WEEK**. Please answer **ALL** of the following questions.

Put a tick in the appropriate box. There are no right or wrong answers.

Name:		Course Venue:		Date:	
--------------	--	----------------------	--	--------------	--

1. a) In the past week, on how many days did you eat fruit?

0	1	2	3	4	5	6+

1. b) In the past week, on how many days did you eat fresh, frozen and tined vegetables (not beans as these are asked in the next question)?

0	1	2	3	4	5	6+

2. In the past week, on how many days did you eat baked beans, lentils, kidney beans or other pulses?

0	1	2	3	4	5	6+

3. In the past week, on how many days did you eat high fibre foods, such as wholemeal bread, brown rice, wholemeal pasta, high fibre breakfast cereals ?

0	1	2	3	4	5	6+

4. In the past week, on how many days did you eat oily fish, such as salmon, mackerel, herring, sardines, **fresh** tuna (or vegetarian sources of omega 3)?

0	1	2	3	4	5	6+

5. In the past week, on how many days did you keep well hydrated by drinking 8+ cups (1 ½ litres) of fluid a day?

0	1	2	3	4	5	6+

6. In the past week, on how many days did you do a total of **30 minutes or more** of physical activity, which was enough to raise your breathing rate?

This may include sport, exercise, and brisk walking or cycling for recreation or to get to and from places, but should not include housework or physical activity that is part of your job.

Everyday	6 days	5 days	4 days	3 days	2 days	1 day	0

Please read each question and score according to the scale:

		<i>completely disagree</i>	<i>disagree a bit</i>	<i>neither agree nor disagree</i>	<i>agree a bit</i>	<i>completely agree</i>
1	I spend a lot of time thinking about food	1	2	3	4	5
2	Planning meals can be quite stressful	1	2	3	4	5
3	I often find myself thinking about food	1	2	3	4	5
4	I really enjoy myself thinking about food	1	2	3	4	5
5	I can get quite stressed if I start thinking about food	1	2	3	4	5
6	I often struggle with thoughts about food	1	2	3	4	5
7	I like thinking about my favourite food	1	2	3	4	5
8	I often look forward to my next meal	1	2	3	4	5
9	I hate being distracted with thoughts about food	1	2	3	4	5
10	I worry I spend too much time thinking about food	1	2	3	4	5
11	I love thinking about food	1	2	3	4	5
12	Thinking about food can put me in a bad mood	1	2	3	4	5
13	Sometimes I think about food just for the fun of it	1	2	3	4	5
14	I don't think about food all that much	1	2	3	4	5
15	Deciding what to eat can be quite stressful	1	2	3	4	5
16	I can get really excited thinking about food	1	2	3	4	5
17	Thinking about food can put me in a good mood	1	2	3	4	5
18	I hate thinking about food	1	2	3	4	5
19	I enjoy deciding what to eat in a restaurant	1	2	3	4	5
20	Thinking about food can make me quite miserable	1	2	3	4	5
21	I enjoy planning what I'm going to eat	1	2	3	4	5

Thank you for your time