



Email the answers to these questions to [Leslie@LeslieMThornton.com](mailto:Leslie@LeslieMThornton.com).

### **OLD CONTROLLING FOODS:**

Please list all foods in these categories that if they were available, you would not be able to resist—the more specific the better, i.e. specific brands, etc.:

1. Sweet Carbohydrates (cakes, cookies, donuts, pastries, sugary cereals)
2. Chocolate in general.
3. Candy
4. Frozen treats (icecream, frozen yogurt)
5. Sodas, sugary drinks, including juice, alcohol
6. Salts (Salty, crunchy snacks)
7. Savory Carbohydrates (pasta, rice, bread, pizza)
8. Potatoes (all variations)
9. Fried Foods
10. Cheeses
11. Nuts

12. Fast Food
13. Specific meals ex) chicken parmesan

## **POOR EATING HABITS:**

Please list all the unwanted behaviors you do around food:

What causes you to eat?

1. Times of day
2. Times of the month/year
3. Special Occasions
4. Buffets
5. Eating in front of the fridge/cabinet/television

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[leslie@LeslieMThornton.com](mailto:leslie@LeslieMThornton.com) when completed.