



# Stop Dieting. Start Living!

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Please use the following scale to answer these questions:

Strongly Disagree	Disagree	Maybe	Agree	Strongly Agree
1	2	3	4	5

- I am hungry all the time.
- I am never hungry.
- I know I'm not hungry but I eat anyway.
- I am starving by the time I eat, so I'll eat anything I can get my hands on.
- I eat by the clock.
- I think about food all of the time.
- I love food and eating too much to be a healthy weight.
- I use food to cope with stress and other feelings.
- I am an emotional eater.
- I eat when I'm bored.
- I reward myself with food.
- I celebrate every special occasion or milestone by eating.
- I don't know why I eat.
- I often eat until I am stuffed.
- I have trouble stopping myself when I eat "bad" foods.
- I have tried a lot of diets.
- I am either dieting or eating too much.
- I feel guilty about eating certain foods.
- I sometimes ignore hunger in order to control my weight.
- I avoid certain foods because they are fattening.
- I am confused about what I should be eating.
- I hate to exercise.
- I exercise to control my weight.
- I dread the thought of going on another diet but I don't know what else to do.



## IT'S NOT ABOUT THE FOOD

Look back over your ratings. The statements that you rated a 3 or higher are probably issues that affect your ability to manage your weight effectively and easily. These are some of the tough issues that "Am I Hungry?" tackles using our unique non-diet approach.

*No rules, no deprivation, no sneak eating.*

**Individual Coaching & Group Workshops Now Available!**

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This quiz was developed by Dr. Michelle May, the founder of "Am I Hungry?" and author of "Eat What You Love, Love What You Eat"