

Dieting

Have you ever been on a diet? Describe your experience. Did you lose weight?

How do you feel when you diet? Do you get tired or grumpy?

Are you usually good at controlling what you consume?

What kind of food or beverage do you have a weakness for?

What do you think you most need to cut down on in your diet?

Are you a 'sweet tooth'?

Do you often enjoy alcohol?

Is there anything you should consume more of?

Have you ever gone on a 'fad diet'? What claims were made and was the diet successful?

Do you ever skip meals for health purposes?

Do you think dieting is the best way to lose weight, or is exercise more important?

Do you have any plans to go on a diet soon?