When answering the following questions, please think back to how you felt during the **previous week**:

1. How **positive** was your **mood** during the past week?

①	②	③	④	⑤	⑥	⑦
Not Positive At all						Very Positive

2. How **negative** was your **mood** during the past week?

①	②	③	④	⑤	⑥	⑦
Not Negative At all						Very Negative

3. How **stressed** were you during the past week?

①	②	③	④	⑤	⑥	⑦
Not Stressed At All						Very Stressed

4. How **hungry** were you during the past week?

①	②	③	④	⑤	⑥	⑦
Not Hungry At All						Very Hungry

5. How **bored** with your **weight control efforts** were you during the past week?

①	②	③	④	⑤	⑥	⑦
Not Bored At All						Very Bored

6. How **tempted** were you to **eat foods that were not consistent with your weight goals** during the past week?

①	②	③	④	⑤	⑥	⑦
Not Tempted At All						Very Tempted

7. How **tempted** were you during the past week to **skip your planned physical activity**?

①	②	③	④	⑤	⑥	⑦
Not Tempted At All						Very Tempted

8. To what degree were your **eating choices** during the past week consistent with your weight goals?

①	②	③	④	⑤	⑥	⑦
Not Consistent At All						100% Consistent

9. To what degree were your **activity/exercise choices** during the past week consistent with your weight loss goals?

①	②	③	④	⑤	⑥	⑦
Not Consistent At All						100% Consistent

10. How much **effort** did it take to stay on track this week with your weight goals?

①	②	③	④	⑤	⑥	⑦
No Effort At All						A Great Deal of Effort

11. Compared to the other demands in your life, how **important** was it to you to stay on track with your weight goals this week?

①	②	③	④	⑤	⑥	⑦
Not A Priority						Essential Priority

12. How many days did you **weigh** yourself this week? _____ days

13. How many days did you monitor your **caloric intake** this week? _____ days

14. How many minutes did you **exercise** this week? _____ days