

Questionnaire

- ❖ Circle the **TRUE** or **FALSE** answer that best describes you
- ❖ Neither choice may fit you exactly, but try to chose the one that comes closest to describing your tendencies
- ❖ If neither choice applies, do not circle either
- ❖ When responding to a statement phrased in the negative (e.g. "Fruits generally do not agree with me"), a TRUE answer would mean that you agree with the statement (e.g. "Yes, it is true that fruits do not agree with me"); a FALSE answer would mean that you disagree with the statement ("Fruits do agree with me")

Name _____ Date _____

Address _____

City _____ State _____ Zip _____

Phone _____ Cell/Fax _____ E-Mail _____

Sex _____ Age _____ Height _____ Weight _____

PART ONE

- | | | |
|--|-------|------|
| 1. Appetite at breakfast is strong..... | FALSE | TRUE |
| 2. Appetite at lunch is strong..... | FALSE | TRUE |
| 3. Appetite at dinner is strong..... | FALSE | TRUE |
| 4. Eating before bedtime improves my sleep..... | FALSE | TRUE |
| 5. I live to eat not to subsist..... | FALSE | TRUE |
| 6. Often I get hungry between meals..... | FALSE | TRUE |
| 7. Fruits generally do not agree with me | FALSE | TRUE |
| 8. Fasting makes me feel awful.. | FALSE | TRUE |
| 9. I crave salt..... | FALSE | TRUE |
| 10. Orange juice in the morning does not agree with me. | FALSE | TRUE |
| 11. A meal heavy with fat agrees with me..... | FALSE | TRUE |
| 12. Going without food for 4 hours is uncomfortable..... | FALSE | TRUE |
| 13. I do not care for sweet desserts..... | FALSE | TRUE |
| 14. Vegetarian meals are not satisfactory to me..... | FALSE | TRUE |
| 15. Meat or fish for breakfast makes me more energetic. | FALSE | TRUE |
| 16. Meat or fish for lunch makes me more energetic..... | FALSE | TRUE |

- | | | |
|--|-------|------|
| 17. Meat or fish for dinner makes me more energetic..... | FALSE | TRUE |
| 18. Eating meats or fatty foods restores my energy..... | FALSE | TRUE |

TOTAL	_____	_____
PART TWO		

- | | | |
|--|-------|------|
| 1. I tend to cough occasionally or a lot..... | FALSE | TRUE |
| 2. My ear color is red or pink..... | FALSE | TRUE |
| 3. I seem to have good digestion..... | FALSE | TRUE |
| 4. My eyes tend to be moist..... | FALSE | TRUE |
| 5. My hands and feet tend to be warm..... | FALSE | TRUE |
| 6. Cuts heal quickly..... | FALSE | TRUE |
| 7. Strong bright light does not bother me..... | FALSE | TRUE |
| 8. My nose tends towards being moist..... | FALSE | TRUE |
| 9. I rarely get goose bumps..... | FALSE | TRUE |
| 10. My skin tends toward oily and moist..... | FALSE | TRUE |
| 11. I urinate large volumes daily..... | FALSE | TRUE |
| 12. Often I need to urinate during the day..... | FALSE | TRUE |
| 13. I cannot hold urine for long periods of time..... | FALSE | TRUE |
| 14. Strong & lasting reactions to stings and insect bites. | FALSE | TRUE |

TOTAL	_____	_____
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PART THREE

- | | | |
|--|-------|------|
| 1. I accommodate easily and tend to give in..... | FALSE | TRUE |
| 2. I am passive about achievements..... | FALSE | TRUE |
| 3. My activity level is sedentary, inactive or sluggish..... | FALSE | TRUE |
| 4. I easily show affection..... | FALSE | TRUE |
| 5. I am not very ambitious..... | FALSE | TRUE |
| 6. I am slow to anger..... | FALSE | TRUE |
| 7. I like to get to bed later and get up late..... | FALSE | TRUE |
| 8. I am not a detail oriented person..... | FALSE | TRUE |
| 9. I prefer not to take responsibility..... | FALSE | TRUE |
| 10. I am careful, cautious and reserved..... | FALSE | TRUE |
| 11. Challenges are not important to me..... | FALSE | TRUE |
| 12. I prefer cooler and colder weather..... | FALSE | TRUE |
| 13. I tend not to be competitive..... | FALSE | TRUE |
| 14. I have poor concentration..... | FALSE | TRUE |
| 15. I am bothered by confrontation..... | FALSE | TRUE |
| 16. I react poorly to criticism..... | FALSE | TRUE |
| 17. I do not like decision making..... | FALSE | TRUE |
| 18. I am not punctual..... | FALSE | TRUE |
| 19. I would rather give in than argue..... | FALSE | TRUE |

- 20. I often get drowsy..... FALSE TRUE
- 21. I have good endurance..... FALSE TRUE
- 22. I have even, steady energy patterns..... FALSE TRUE
- 23. I am not efficient in my daily tasks..... FALSE TRUE
- 24. I can easily express emotions..... FALSE TRUE
- 25. It is hard to put thoughts into words..... FALSE TRUE
- 26. I do not easily care to exercise..... FALSE TRUE
- 27. I am not goal oriented..... FALSE TRUE
- 28. I am easily hurt by harsh words..... FALSE TRUE
- 29. I make friends easily..... FALSE TRUE
- 30. I love eating and socializing..... FALSE TRUE
- 31. I rarely get impatient..... FALSE TRUE
- 32. I tend to have low level of outside interests..... FALSE TRUE
- 33. I do not tend to make lists of thing to do..... FALSE TRUE
- 34. Leaving loose ends does not bother me..... FALSE TRUE
- 35. I tend to have low drive and motivation..... FALSE TRUE
- 36. I am rarely or never obsessive..... FALSE TRUE
- 37. I tend to be somewhat disorganized..... FALSE TRUE
- 38. I am a feeling intuitive person..... FALSE TRUE
- 39. My pace of living and working is slow..... FALSE TRUE
- 40. I tend not to be concerned with perfection..... FALSE TRUE
- 41. I am an easy to please sort of person..... FALSE TRUE
- 42. My personality is warm and sociable..... FALSE TRUE
- 43. I often procrastinate..... FALSE TRUE
- 44. I am slow at completing tasks..... FALSE TRUE
- 45. I respond slowly to emotional reactions..... FALSE TRUE
- 46. I do not like to have routines..... FALSE TRUE
- 47. I generally like a little more sleep than average..... FALSE TRUE
- 48. I am easy going and I am very sociable..... FALSE TRUE
- 49. I enjoy lots of friends and social interaction..... FALSE TRUE
- 50. Stress makes me depressed & to seek comfort..... FALSE TRUE
- 51. I have a cool, calm, collected temperament..... FALSE TRUE
- 52. My tendency is easy going and laid back..... FALSE TRUE
- 53. My thought reaction time is slow..... FALSE TRUE
- 54. I am trusting by nature..... FALSE TRUE
- 55. I am more family & friend oriented, not a workaholic..... FALSE TRUE
- 56. I am naturally prone to worrying about things..... FALSE TRUE

TOTAL _____

Part One Totals	FALSE	TRUE
Part Two Totals	FALSE	TRUE
Part Three Totals	FALSE	TRUE