

# “What Did You Have For Breakfast?” Survey Form

**Name & Surname:** \_\_\_\_\_

What do you usually have for breakfast?	
What do you drink in the morning?	
Do you feel hungry and tired at around 11.00 am?	
Do you then feel like having a cup of coffee and some snack?	
What do you drink during the day?	
What do you have for lunch?	
Do you feel tired and sleepy after lunch?	
Then you need coffee again, right?	
What are you snacking on till dinner?	
What do you have for dinner?	
Do you keep nibbling anyway after having a good dinner?	
Does it feel like your appetite is out of control and you devour whatever food comes your way?	
Do you feel tired during the day? When especially?	
Any headaches during the day?	
Any digestive challenges?	
How do you sleep at night?	
How long have you had extra weight? (if any)	
What does your husband/wife and kids have for breakfast?	
What do they eat during the day?	
What do they drink?	
How do they feel?	