



Kitchen Makeover Questionnaire

Name: _____ Date: _____

Answer the questions below by selecting the response most appropriate to your situation. Once you've completed all the questions, calculate your score. Remember, be honest. You're doing this exercise to find out whether your kitchen is in good shape.

Questions

Responses & Scoring

1. Do you have the following items in your kitchen?

- | | | |
|----------------------------|-----------------------------------------|------------------------|
| *Good set of pots and pans | *Scale for weighing foods | a) I have all -5 |
| *Good set of knives | *Sealable containers for carrying meals | b) I have > half -2 |
| *Spatula | *Small cooler for taking meals to work | c) I have < half +2 |
| *Blender | *Shaker bottle for drinks and shakes | d) I don't have any +5 |
| *Tea kettle | *Food processor | |
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2. Do you have the following items in your pantry?

- | | | |
|-------------------------|-------------------------|------------------------|
| *Whole oats | *Extra virgin olive oil | a) I have all -5 |
| *Quinoa | *Vinegar | b) I have > half -2 |
| *Whole-grain pasta | *Green tea | c) I have < half +2 |
| *Natural peanut butter | *Mixed nuts | d) I don't have any +5 |
| *Canned or bagged beans | | |
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3. Do you have the following items in your fridge or freezer?

- | | | |
|----------------------|----------------------------------------|------------------------|
| *Extra-lean beef | *At least four varieties of fruit | a) I have all -5 |
| *Chicken breasts | *At least five varieties of vegetables | b) I have > half -2 |
| *Salmon | *Flax seed oil | c) I have < half +2 |
| *Omega-3 eggs | *Water filter | d) I don't have any +5 |
| *Packaged egg whites | *Sweet potatoes | |
| *Real cheese | *Tempeh | |
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4. Do you have the following items in your pantry?

- | | | |
|---------------------------------------------------------|---------------------------------|------------------------|
| *Potato or corn chips | *Chocolates or candy | a) I have all +5 |
| *Fruit or granola bars | *Soft drinks | b) I have > half +2 |
| *Regular or low-fat cookies | *Regular peanut butter | c) I have < half -2 |
| *Crackers | *At least four types of alcohol | d) I don't have any -5 |
| *Instant foods like cake mixes and mashed potatoes | | |
| *Bread crumbs, croutons, and other dried bread products | | |
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5. Do you have the following items in your fridge or freezer?

- *At least four types of sauces
- *Juicy steaks or sausage
- *Margarine
- *Fruit juice
- *Soft drinks
- *Baked goods
- *Frozen dinners
- *At least two types of bread or bagel
- *Take-out or restaurant leftovers
- *Big bowl of mashed potatoes or pasta

- a) I have all **+5**
 - b) I have > half **+2**
 - c) I have < half **-2**
 - d) I don't have any **-5**
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6. Do you have bowls of candy, chips, crackers, or other snacks sitting around at home?

- a) Yes **+5**
 - b) No **-5**
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7. When you have parties or dinner guests, do you serve them what you think they'll want or what you think is healthy?

- a) What I think is healthy **-3**
 - b) What I think they want **+3**
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8. When food shopping, do you buy economy-sized bags, or do you buy smaller portions?

- a) > half of the time I buy economy-sized bags **+3**
 - b) > half of the time I buy smaller portions **-3**
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9. How often do you shop for groceries?

- a) <3x a month **+5**
 - b) About 1x a week **-1**
 - c) >1x a week **-5**
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10. Do you keep food in plain view around the house?

- a) Yes **+3**
 - b) No **-3**
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11. Do you think healthy eating means low-fat eating?

- a) Yes **+2**
 - b) No **-2**
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12. If someone were to point to a food in your kitchen, would you know whether it was composed of mostly carbohydrate, protein, or fat?

- a) Yes **-2**
 - b) No **+2**
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13. When you prepare meals from recipe books, do you use those that contain healthy recipes?

- a) Most of the time **-5**
 - b) About half of the time **0**
 - c) Almost never **+5**
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14. Do you prepare meals in advance to take with you to work, on day trips, or on vacations?
- a) Yes, always **-5**
 - b) > half the time **-2**
 - c) < half the time **+2**
 - d) Almost never **+5**
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15. Are you hesitant to throw out unhealthy leftovers or gift foods that don't fit into your nutritional plan?
- a) Yes, I hate throwing food out **+5**
 - b) No, more than half the time I throw this stuff out **0**
 - c) No, I always throw this stuff out **-5**
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YOUR SCORE AND WHAT IT MEANS

32 To 63 Points

You scored high on the kitchen makeover questionnaire. But this high score means you may need some adjustments to your kitchen set-up or your shopping habits. That's no problem, though. We will be working on this together.

0 To 31 Points

Your kitchen environment could also use some improvements. **Functional Innovative Training** will be happy to show you what to do and how to do it as we work together.

-31 To -1 Points

You're doing pretty well in the kitchen department. With just a few tweaks, it'll be easier than ever to improve your body composition, energy levels, and performance.

-32 To -63 Points

Don't let negative scores fool you. In this questionnaire, negative scores mean a great kitchen environment. Nice work. In the coming week's **Functional Innovative Training** will be happy to share even more strategies for keeping the great kitchen environment going.