


 Release

## Portion Plan Survey

**INSTRUCTIONS:** Answer these questions to select the best portion size program for the **Weight Balancing System™ eating plan**. Answer each question. Then look at the bottom of the page to calculate your score. Select the best Food Program Plan portion size for you— Faster, Standard or More Flexible.

1. If you ordered a large pizza, how many pieces would you usually eat for a meal?
  - a) 1-2 pieces
  - b) 3-4 pieces
  - c) 5 or more pieces
2. How often do you take leftovers home from your restaurant meal?
  - a) Always/Usually
  - b) Often/Occasionally
  - c) Rarely/ Never
3. How often do you have dessert after dinner?
  - a) Never/ Rarely
  - b) Sometimes/ Occasionally
  - c) Usually/ always, unless the selection is lousy
4. While you may occasionally choose from all of these, when you have a snack, which are you most likely to choose?
  - a) Fresh fruit/veggies/nuts (plain or salted, not honey roasted)
  - b) Corn or potato chips/cheese and crackers
  - c) Cookies/candy/ice cream
5. How much diet or regular soda (12 oz) do you drink in a day?
  - a) 12 oz or less or none
  - b) 24 – 36 oz
  - c) 48 oz or more
6. What type of food do you generally eat?
  - a) Primarily fresh and organic/natural
  - b) Mostly homemade with conventional ingredients
  - c) Prepared/packaged/canned/convenience foods
7. How often do you eat fast food (e.g., purchased from hamburger, chicken, sub, pizza, Mexican fast food joints)?
  - a) Never/occasionally when traveling
  - b) Once a week or so
  - c) 2+ times a week



### Scoring- Give yourself:

- 1 point for each “a)” answer
- 3 points for each “b)” answer and
- 6 pts for each “c)” answer

If you scored 7-15 points, use the **FASTER** program column in the Weight Balancing System Food Program. If you scored 16-28 points, use the **STANDARD** program. If you scored 29-42 points, use the **MORE FLEXIBLE** program.