

Frequency Survey

This survey is to be used to capture how many times a week you are currently sharing meals with others. Using the attached document, please indicate a \checkmark (check) mark next to the corresponding meal you shared with at least one family member or friend. Try this survey for two consecutive seven-day cycles (e.g., Sunday through Saturday). Take note of your findings to help you decide if you'd like to start on a plan of sharing more meals with others.

Week #1	Meals:		Week #2	Meals:
<i>Sunday</i>	B=_____ L=_____ D=_____		<i>Sunday</i>	B=_____ L=_____ D=_____
<i>Monday</i>	B=_____ L=_____ D=_____		<i>Monday</i>	B=_____ L=_____ D=_____
<i>Tuesday</i>	B=_____ L=_____ D=_____		<i>Tuesday</i>	B=_____ L=_____ D=_____
<i>Wednesday</i>	B=_____ L=_____ D=_____		<i>Wednesda</i>	B=_____ L=_____ D=_____
<i>Thursday</i>	B=_____ L=_____ D=_____		<i>Thursday</i>	B=_____ L=_____ D=_____
<i>Friday</i>	B=_____ L=_____ D=_____		<i>Friday</i>	B=_____ L=_____ D=_____
<i>Saturday</i>	B=_____ L=_____ D=_____		<i>Saturday</i>	B=_____ L=_____ D=_____