

Name: _____ Date: _____

FOOD ADDICTION

- ☐ I go to bed very late every day.
- ☐ I eat at least one piece of fruit and vegetable.
- ☐ I often drink Coca-Cola or Redbull.
- ☐ I play computer games a few hours every day.
- ☐ I don't do sports - I don't like them.
- ☐ I drive everywhere.
- ☐ I cycle a lot, even in bad weather.
- ☐ I cook at home a lot.
- ☐ I sleep at least seven hours every night.
- ☐ My smartphone is always in my hand.
- ☐ I have a lot of friends.
- ☐ I never talk to people about my feelings.
- ☐ I never tidy my bedroom - it's very messy.
- ☐ I wash my hands before every meal.
- ☐ I clean my teeth in the morning.

