

Name: \_\_\_\_\_

Today's Date: \_\_\_\_\_

Date of Diagnosis: \_\_\_\_\_

Last A1c: \_\_\_\_\_

	<b>Never</b>	<b>Rare</b>	<b>Often</b>	<b>Usually</b>	<b>Always</b>
1. Losing weight is an important goal to me	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
2. I skip meals and/or snacks	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
3. Other people have told me that my eating is out of control	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
4. When I overeat, I don't take enough insulin to cover food	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
5. I eat more when I am alone than when I am with others	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
6. I feel that it's more difficult to lose weight and control my diabetes at the same time	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
7. I avoid checking my blood sugar when I feel like it is out of range	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
8. I make myself vomit	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
9. I try to keep my blood sugar high so that I will lose weight	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
10. I try to eat to the point of spilling ketones in my urine	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
11. I feel fat when I take all of my insulin	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
12. Other people tell me to take better care of my diabetes	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
13. After I overeat, I skip my next insulin dose	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
14. I alternate between eating very little and eating huge amounts	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
15. I would rather be thin than to have good control of my diabetes	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>