

Appendix 1**Eating Behaviors and Eating Environment (EBEE) Study****Daily Survey****Instructions:**

Complete this Daily Survey form at the end of the day on each day you are a participant in the study. The purpose of this form is to obtain information about your daily eating occasions.

An eating occasion is any time you consume a meal or snack. In this study, we have 6 types of eating occasions: breakfast, morning snack, lunch, afternoon snack, dinner, evening snack. You can choose what best describe your meal or snack.

For each day (12 am ~ 11:59pm), you should number your eating occasions consecutively, starting with 1 for the first eating occasion on that day, 2 for the second eating occasion on that day, 3 for the third, and so on. Then, on the next day, start again with 1 for the first eating occasion, 2 for the second, and so on.

Please enter in your GMU Email _____

Please enter the date you are recording for _____

How many meals and snacks did you eat for the day (from 0am to 11:59pm)?

- 1) 0
- 2) 1
- 3) 2
- 4) 3
- 5) 4
- 6) 5
- 7) 6
- 8) 7
- 9) 8
- 10) 9

Answer these questions while thinking of your [x][First] eating occasion of the day

1. What time did you eat this eating occasion? (hour:minute AM/PM) _____
2. Please choose what best describes your eating occasion:
 - a. Breakfast
 - b. AM Snack
 - c. Lunch
 - d. PM Snack
 - e. Dinner
 - f. Late Snack
3. Where did you eat?
 - a. Home (where you currently live)
 - b. Dining Hall (e.g., Ikes, Southside, The Globe)
 - c. Inside a school building (e.g., classroom, Johnson Center, Fenwick)
 - d. Fast food restaurant - on campus
 - e. Fast food restaurant - off campus
 - f. Sit-down restaurant
 - g. Outdoors
 - h. Work/Office
 - i. In-transit (e.g., driving, walking, bus)

- j. Other [Enter it in]
- 4. How many people ate with you?
 - a. I ate alone
 - b. 1
 - c. 2
 - d. 3
 - e. 4
 - f. 5
 - g. 6-9
 - h. 10-15
 - i. 16+
- 5. [IF 'I ATE ALONE IS NOT SELECTED'] Who did you eat with? List all that applies
 - a. Family
 - b. Significant Other
 - c. Friends
 - d. Other
- 6. The amount of food you ate was:
 - a. About usual
 - b. More than usual
 - c. Less than usual
- 7. What was your mood when eating?
 - a. b

How do you feel at this moment?



Very Sad



Somewhat Sad



Neutral



Somewhat Happy



Very Happy

- 8. How stressed were you when eating, with 0 means no stress and 9 means extremely stressed?
 - a. 0 (not stressed)
 - b. 1
 - c. 2
 - d. 3
 - e. 4
 - f. 5
 - g. 6
 - h. 7
 - i. 8
 - j. 9
 - k. 10 (extremely stressed)
- 9. How long was the eating occasion?
 - a. Less than 5 minutes
 - b. 5-9 minutes
 - c. 10-14 minutes
 - d. 15-29 minutes

- e. 30-60 minutes
- f. 61 - 120 minutes
- g. 121 minutes +

Depends on the number (n) of eating occasions entered, the same set of questions will be repeated n times.

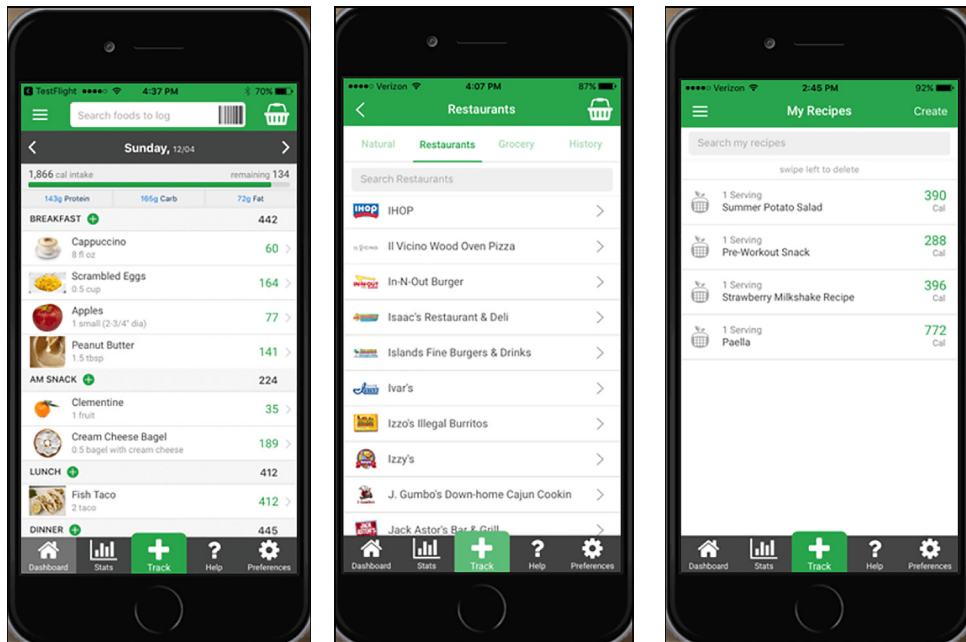


Figure S1 Nutritionix screenshots. Source: <https://www.nutritionix.com/app>