YOUR ANSWERS. YOUR PERSPECTIVE.

Eating-habits

Personal everyday reflection

A wholly fictional example. The values illustrate a report and say nothing about you.

ANSWERED: 20 / 20 | 4 PROFILE AREAS

1

Planning meals

You describe a noticeable tendency towards planning meals around your schedule, available time and ingredients. This pattern stands out in your responses; it is not a comparison with other people.

2

Organising shopping

You describe a noticeable tendency towards organising shopping with lists, suitable quantities, transport and storage. This pattern stands out in your responses; it is not a comparison with other people. Some responses differ substantially from this direction.

3

Individual responses matter

Organising shopping: Scored responses range from 2 to 5/5 (items 14 & 16).

Your first small step

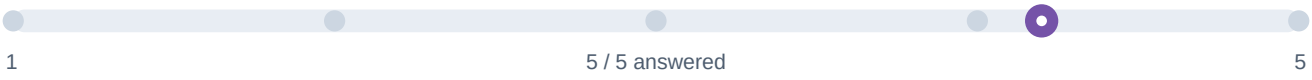
Consider which short shopping list fits your next meal.

02 / YOUR REPORT

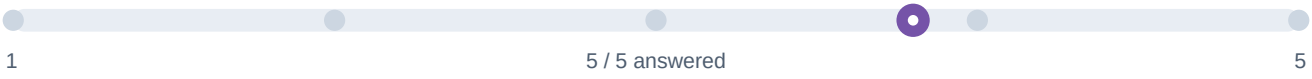
Your profile at a glance

Each dot shows an area response average on a scale of 1 to 5. Only your own responses are compared.

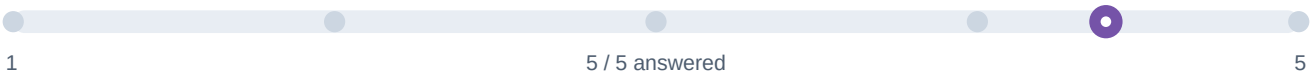
Planning meals 4.2 / 5



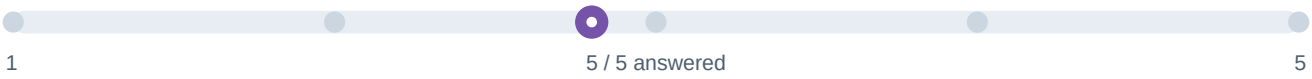
Organising shopping 3.8 / 5



Preparing food 4.4 / 5



Sharing meals 2.8 / 5



How to read the chart

1 = low, 3 = midpoint, 5 = high agreement in the scored direction. Higher is not automatically better. The midpoint is not the average of other people; small differences are not necessarily meaningful.

No area value is shown if fewer than 80% of its items are answered. This is a display rule for incomplete data, not a performance or health threshold.

03 / YOUR REPORT

Connecting your responses

Observations from your responses, not fixed characteristics.

The profile describes your practical planning, shopping, kitchen and coordination habits. Nutrition, weight and eating disorders are not assessed.

Your result in words

Planning meals: You describe a noticeable tendency towards planning meals around your schedule, available time and ingredients. This pattern stands out in your responses; it is not a comparison with other people.

Organising shopping: You describe a noticeable tendency towards organising shopping with lists, suitable quantities, transport and storage. This pattern stands out in your responses; it is not a comparison with other people.

Organising shopping: take a closer look

The average combines different responses. These two items show why one number alone does not capture your whole perspective:

Item 14: I compare practical package sizes when useful. | Mostly not true

Item 16: I plan shopping around my usual journeys. | True for me

Consider a possible everyday situation

Consider which short shopping list fits your next meal.

04 / YOUR REPORT

Planning meals

Trace your responses and connect them with everyday situations.

The questions concern practical planning, not an assessment of your diet.

Your response value **4.2 / 5**



1 5 / 5 answered 5

What this means in practice

You describe a noticeable tendency towards planning meals around your schedule, available time and ingredients. This pattern stands out in your responses; it is not a comparison with other people.

Scale direction: less agreement with these statements / more agreement with these statements.

Two concrete responses

Item 8: I check existing ingredients before shopping.

Your response: Partly true

Item 20: I adjust meal plans to changed appointments.

Your response: True for me

A prompt for further reflection

Plan one meal around taste, time and available options.

When does this fit me - and when does it not?

05 / YOUR REPORT

Organising shopping

Trace your responses and connect them with everyday situations.

This concerns practical shopping habits without nutrition or weight goals.

Your response value **3.8 / 5**



1 5 / 5 answered 5

What this means in practice

You describe a noticeable tendency towards organising shopping with lists, suitable quantities, transport and storage. This pattern stands out in your responses; it is not a comparison with other people.

Your individual responses differ substantially. The interpretation describes their average direction only; it does not apply to every statement. The following responses show both sides.

Scale direction: less agreement with these statements / more agreement with these statements.

Two concrete responses

Item 14: I compare practical package sizes when useful.

Your response: Mostly not true

Item 16: I plan shopping around my usual journeys.

Your response: True for me

A prompt for further reflection

Consider which short shopping list fits your next meal.

When does this fit me - and when does it not?

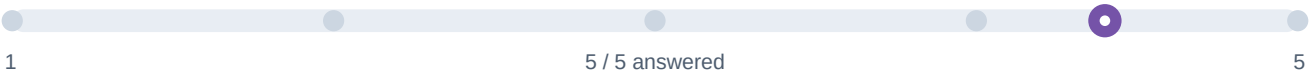
06 / YOUR REPORT

Preparing food

Trace your responses and connect them with everyday situations.

This area describes your preferences for practical kitchen routines.

Your response value **4.4 / 5**



What this means in practice

You describe a noticeable tendency towards preparing kitchen routines around equipment, instructions and available time. This pattern stands out in your responses; it is not a comparison with other people.

Scale direction: less agreement with these statements / more agreement with these statements.

Two concrete responses

Item 18: I allow time for cleaning up afterwards.

Your response: Partly true

Item 15: I occasionally try a new preparation method.

Your response: True for me

A prompt for further reflection

Choose one small simplification you would like to try with a familiar dish.

When does this fit me - and when does it not?

07 / YOUR REPORT

Sharing meals

Trace your responses and connect them with everyday situations.

This describes how you arrange shared meals, not the quality of social relationships.

Your response value **2.8 / 5**



What this means in practice

Your result does not show a clear direction for agreeing preferences, timing and responsibilities for shared meals. Check individual responses: partial agreement and opposing answers can produce the same average.

Scale direction: less agreement with these statements / more agreement with these statements.

Two concrete responses

Item 4: I ask about others' preferences when sharing meals.

Your response: Mostly not true

Item 11: I share practical tasks around joint meals.

Your response: Mostly true

A prompt for further reflection

Before a shared meal, discuss one practical preference each person has.

When does this fit me - and when does it not?

08 / YOUR REPORT

Your values clearly explained

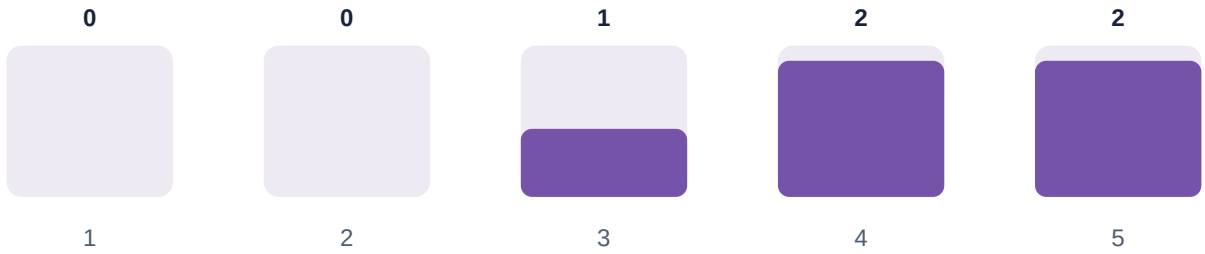
Planning meals

Response positions are counted from 1 to 5. The sum is divided by the number of answered statements in this area.

Calculated from your actual responses

4 + 5 + 3 + 4 + 5 = 21. 21 / 5 = 4.2 / 5.

The distribution of your selected responses



The columns count your selected response positions 1 to 5 before any reverse scoring. The same average can come from very different responses.

For the wording, response averages below 2.5 are described as lower agreement, above 3.5 as higher agreement, and those between as middle agreement. These are editorial response-scale bands, not scientifically validated cutoffs. Identical averages can arise from different responses.

A profile without a ranking

We assign no population rank or fixed type. The scales describe responses to particular statements. Choose your own priorities; a high or low value does not require change.

09 / YOUR REPORT

Your own next step

An optional everyday idea, without a performance target.

1

Today: note one situation

Starting point: Organising shopping. Choose a response in this area and note when it last fitted. A counterexample is just as useful.

2

This week: explore a perspective

Consider which short shopping list fits your next meal.

3

Afterwards: decide for yourself

What fits you and what does not? Record one insight and decide whether to keep anything. You do not need a higher score or another purchase.

My situation and what matters to me:

My optional idea and a suitable time:

What I would like to take from this:

10 / YOUR REPORT

Method and limitations

What the report is based on

Original everyday reflection. Values summarise only your responses. There are no clinical thresholds, population norms, disease assessments or fixed personality types. Greater agreement is not automatically better.

Your responses are summarised according to the fixed rules explained here. Examples refer to the item numbers shown. No automated detection or assessment of a medical condition takes place.

Keeping the limitations in mind

Screening and self-reflection do not replace a medical or psychological assessment. Original reflection questions are not clinically validated. Each test page explains its method and limitations.

A profile does not cover every aspect of a person. It is a snapshot of your responses. Important relationship, career or other life decisions should not depend on it alone.

> **If you would like support**
>
> If symptoms are affecting you, seek support from a qualified health professional. In immediate danger, contact your local emergency services or nearest emergency department. Help information is available without an email address or payment.

Open general support information

Questionnaire version: 2026-10-29.26 | Report format: 2026-10-29.28

APPENDIX / YOUR REPORT

Your responses in full

Every scored response remains traceable. Skipped items are explicitly identified.

1 **I consider in advance which meals fit my daily plans.**
Planning meals | Mostly true

2 **I use a shopping list when it helps me.**
Organising shopping | Partly true

3 **I prepare the kitchen tools I need before cooking.**
Preparing food | True for me

4 **I ask about others' preferences when sharing meals.**
Sharing meals | Mostly not true

5 **I consider available preparation time when planning.**
Planning meals | True for me

6 **I read through an unfamiliar process before starting.**
Preparing food | Mostly true

7 **I agree on a mealtime that suits everyone.**
Sharing meals | Partly true

8 **I check existing ingredients before shopping.**
Planning meals | Partly true

9 **I consider how I will get shopping home.**
Organising shopping | True for me

10 **I also choose dishes according to available equipment.**
Preparing food | True for me

11 **I share practical tasks around joint meals.**
Sharing meals | Mostly true

12 **I consider storage options for ingredients I buy.**
Organising shopping | Mostly true

13 **I leave room for spontaneous options when planning.**
Planning meals | Mostly true

14 **I compare practical package sizes when useful.**
Organising shopping | Mostly not true

Your responses in full / CONTINUED

15 **I occasionally try a new preparation method.**
Preparing food | True for me

16 **I plan shopping around my usual journeys.**
Organising shopping | True for me

17 **I arrange shared meals without needing a special occasion.**
Sharing meals | Partly true

18 **I allow time for cleaning up afterwards.**
Preparing food | Partly true

19 **I respect someone's preference to eat differently or alone.**
Sharing meals | Mostly not true

20 **I adjust meal plans to changed appointments.**
Planning meals | True for me