

Lifestyle Behaviour Checklist

Below is a list of behaviours parents with overweight children often have to manage. For each item: (1) circle the number that best describes how much of a problem that behaviour has been with your child in the last month, and (2) rate how confident you are in dealing with it. If that behaviour is not currently occurring, rate how confident you are that you could successfully deal with your child's behaviour if it did occur. Remember to put a confidence rating for every item.

Rate your confidence from 1 (Certain I can't do it) to 10 (Certain I can do it).

	To what extent has this behaviour been a problem for you with your child?							How confident are you in dealing with it? from 1 (Certain I can't do it) to 10 (Certain I can do it)
	Not at all	A little	Somewhat	Much	Very much			
1. Eats too quickly	1	2	3	4	5	6	7	<input type="text"/>
2. Eats too much	1	2	3	4	5	6	7	<input type="text"/>
3. Eats unhealthy snacks	1	2	3	4	5	6	7	<input type="text"/>
4. Whinges or whines about food	1	2	3	4	5	6	7	<input type="text"/>
5. Yells about food	1	2	3	4	5	6	7	<input type="text"/>
6. Throws a tantrum about food	1	2	3	4	5	6	7	<input type="text"/>
7. Refuses to eat certain foods (i.e. fussy eating)	1	2	3	4	5	6	7	<input type="text"/>
8. Argues about food (e.g. when you say No more)	1	2	3	4	5	6	7	<input type="text"/>
9. Demands extra helpings at meals	1	2	3	4	5	6	7	<input type="text"/>
10. Requests food continuously between meals	1	2	3	4	5	6	7	<input type="text"/>
11. Demands food when shopping or on outings	1	2	3	4	5	6	7	<input type="text"/>
12. Sneaks food when they know they are not supposed to	1	2	3	4	5	6	7	<input type="text"/>
13. Hides food	1	2	3	4	5	6	7	<input type="text"/>

14. Steals food (e.g. from other children's lunchboxes)	1	2	3	4	5	6	7	<input type="checkbox"/>
15. Eats food to comfort themselves when feeling let down or depressed	1	2	3	4	5	6	7	<input type="checkbox"/>
16. Watches too much television	1	2	3	4	5	6	7	<input type="checkbox"/>
17. Spends too much time playing video or computer games	1	2	3	4	5	6	7	<input type="checkbox"/>
18. Complains about doing physical activity (e.g. This is boring, I'm too tired, My leg hurts)	1	2	3	4	5	6	7	<input type="checkbox"/>
19. Refuses to do physical activity	1	2	3	4	5	6	7	<input type="checkbox"/>
20. Complains about being unfit or feeling low in energy	1	2	3	4	5	6	7	<input type="checkbox"/>
21. Complains about being overweight	1	2	3	4	5	6	7	<input type="checkbox"/>
22. Complains about being teased	1	2	3	4	5	6	7	<input type="checkbox"/>
23. Complains about not having enough friends	1	2	3	4	5	6	7	<input type="checkbox"/>
24. Complains about being unattractive	1	2	3	4	5	6	7	<input type="checkbox"/>
25. Complains about not fitting into clothes	1	2	3	4	5	6	7	<input type="checkbox"/>

Citation:

West, F. & Sanders, M.R. (2015). *Lifestyle Behaviour Checklist*. Brisbane: Parenting and Family Support Centre, The University of Queensland.

West, F., Morawska, A., & Joughin, K. (2010). The Lifestyle Behaviour Checklist: Evaluation of the factor structure. *Child: Care, Health and Development*, 36(4), 508-515. doi: 10.1111/j.1365-2214.2010.01074.x