

Robot-FIT (FIT-R) State Motivation

Thinking about **cutting down or stopping high sugar/fat snacks and drinks...**

Scoring: 0 (Not at all) to 100 (Extremely)

| | | | | | | | | | | | |
|--|---|---|---|---|---|---|---|---|---|---|----|
| <i>Right now, how vividly can you ...</i> | | | | | | | | | | | |
| ...imagine yourself doing it? | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| ...imagine how you would do it? | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| ...imagine how good it would be to do it? | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| ...imagine how much better you'll feel if you do it? | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| ...imagine how much worse you'll feel if you don't do it? | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| ...imagine succeeding at it? | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| ...picture times you did something like this in the past? | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| <i>Right now ...</i> | | | | | | | | | | | |
| ...how much are other things reminding you about it? | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| ...how much are thoughts about it grabbing your attention? | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| ...how easily can you keep it in mind? | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

Robot-FIT (FIT-R) Motivational Thought Frequency

Thinking about **cutting down or stopping high sugar/fat snacks and drinks**, please select a number on each row to answer these questions.

Scoring: 0 (Never) to 100 (Constantly)

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|----|
| <i>Over the last week, how often did you...</i> | | | | | | | | | | | |
| ...feel you wanted to cut down to do it? | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| ...feel you needed to do it? | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| ...have a strong urge to do it? | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| <i>Over the last week, how often did you...</i> | | | | | | | | | | | |
| ...imagine yourself doing it? | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| ...imagine how you would do it? | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| ...imagine how good it would be to do it? | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| ...imagine how much better you'd feel if you did it? | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| ...imagine how much worse you'd feel if you didn't do it? | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| ...imagine succeeding at it? | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| ...picture times you did something like this in the past? | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| <i>Over the last week, how often...</i> | | | | | | | | | | | |
| ...did thoughts about it come to mind? | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| ...did other things remind you about it? | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| ...did thoughts about it grab your attention? | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |