

## Robot-FIT (FIT-R) Confidence of Snack Control – Days

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

**Over the next week, how confident are you that you could avoid having any sugary/fat snacks or drinks between meals...**

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

...for 1 day?	0	10	20	30	40	50	60	70	80	90	100
...for 2 days	0	10	20	30	40	50	60	70	80	90	100
...for 3 days?	0	10	20	30	40	50	60	70	80	90	100
...for 4 days?	0	10	20	30	40	50	60	70	80	90	100
...for 5 days?	0	10	20	30	40	50	60	70	80	90	100
...for 6 days?	0	10	20	30	40	50	60	70	80	90	100
...the whole week?	0	10	20	30	40	50	60	70	80	90	100
...for 2 weeks?	0	10	20	30	40	50	60	70	80	90	100
...for 3 weeks?	0	10	20	30	40	50	60	70	80	90	100
...for 4 weeks?	0	10	20	30	40	50	60	70	80	90	100

## Robot-FIT (FIT-R) Confidence of Snack Control - Type

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

**Over the next week, how confident are you that you could avoid having any sugary/fat snacks or drinks between meals...**

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

...If you were angry	0	10	20	30	40	50	60	70	80	90	100
...If you were sad	0	10	20	30	40	50	60	70	80	90	100
...If you were tired	0	10	20	30	40	50	60	70	80	90	100
...If you were bored	0	10	20	30	40	50	60	70	80	90	100
...if you were stressed	0	10	20	30	40	50	60	70	80	90	100
...if you were worried	0	10	20	30	40	50	60	70	80	90	100
...If someone offered you one	0	10	20	30	40	50	60	70	80	90	100
...if your friends were having one	0	10	20	30	40	50	60	70	80	90	100
...if you had a strong craving for one	0	10	20	30	40	50	60	70	80	90	100
...if you felt you really deserved one	0	10	20	30	40	50	60	70	80	90	100