

MY MORNING ROUTE ON MY WAY TO BREAKFAST



QUESTION 1

When time is limited in the morning, are you more likely to:

- A Skip breakfast
- B Eat something at home
- C Go to a drive through
- D Other



QUESTION 2

How often do you eat breakfast?

- A 5 or more times per week
- B 2-4 times per week
- C Once a week
- D Rarely or never



QUESTION 3

What obstacles do you face that deter breakfast?



QUESTION 4

How can you overcome those obstacles?



QUESTION 5

Why are you going to commit to eat breakfast?

NEXT STOP: BREAKFAST

