



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 4

How can you overcome those obstacles?



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 5

Why are you going to commit to eat breakfast?



Next Stop:
BREAKFAST

