

OMB BURDEN STATEMENT: According to the Paperwork Reduction Act of 1995, no persons are required to respond to a collection of information unless it displays a valid OMB control number. The valid OMB control number for this information collection is 0584-0523. The time to complete this information collection is estimated at 15-20 minutes per day for 14 days (240 minutes total) including the time for reviewing instructions and completing the information.

Attachment B 1: USDA Journaling Guide - English

CNPP Journaling Activity Journaling Guide Draft

This is your Online Personal Journal (see end of document for sample screenshots of login and respondent interface). This Journal is accessible only to you and me, the moderator, Jon. I will be checking your entries periodically throughout the next two weeks and will use the information you provide here to jumpstart some later group discussions. The questions in the online "Journal" are designed to understand your day to day habits. Please complete your journal entries each day so you don't fall behind. In fact, it would be best if you keep your journal with you at all times. Each day, your journaling will take about 15-20 minutes of your time.

The first journal entries will ask you about your general routine. Today is the only day where we will ask about what you "typically" do, instead of what you are actually doing during a day. When you provide your answers, please be as specific as possible.

1) Retrospective Journal

- a) First we would like to understand your "work week" routine. We are interested in:
 - i) When do you wake up
 - ii) What is breakfast like (type of food, where do you eat, with whom etc...)
 - iii) Typical morning activities
 - iv) What is lunch like (type of food, where do you eat, with whom etc...)
 - v) Typical afternoon activities
 - vi) What is dinner like (type of food, where do you eat, with whom etc...)
 - vii) Typical evening activities
 - viii) What time you typically go to bed

NOTE: FOR EACH RESPONDENT WE WILL PROBE ON EXERCISING AND SNACKING HABITS

- b) Now, we would like to understand your "weekend" routine. We are interested in:
 - i) When do you wake up
 - ii) What is breakfast like (type of food, where do you eat, with whom etc...)
 - iii) Typical morning activities
 - iv) What is lunch like (type of food, where do you eat, with whom etc...)
 - v) Typical afternoon activities
 - vi) What is dinner like (type of food, where do you eat, with whom etc...)
 - vii) Typical evening activities

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viii) What time you typically go to bed

NOTE: FOR EACH RESPONDENT WE WILL PROBE ON EXERCISING AND SNACKING HABITS

c) Please answer the following questions:

- i) Thinking about your routine, in other words, what you do in a typical week, what makes you most happy? What makes you say that?
- ii) Thinking about your routine, what is the one thing you wish you could change? What makes you say that?
- iii) Describe for us the best day you've had in the last three months? What was that day like? What made it so special?
- iv) Describe for us the worst day you've had in the last three months? What was that day like? What made it so difficult?
- v) When things are getting stressful during the day – How do you deal with it?
(1) What are some of the things that cause stress?
- vi) Looking at the other side of the coin, what are some ways in which you 'reward yourself'?
(1) When do you tend to give yourself these "rewards"?
- vii) Thinking about health, what was the last change you made to try to improve it? Did the change stick? Why did it stick/didn't stick?

2) Days 1-3 (Understanding their routine)

- a) Today we are going to ask some questions about your day today.
 - i) Describe how you felt when you left the house in the morning?
 - ii) To what extent were those feelings brought on by what had occurred earlier that morning or what you anticipate the day will be like? Explain.
- b) Describe how you felt when you came back home in the afternoon/ evening?
 - i) To what extent were those feelings brought on by what had occurred that day or what you anticipate the evening will be like? Explain.
- c) Describe how you felt when you were getting ready to go to sleep?
 - i) To what extent were those feelings brought on by what had occurred or what you anticipate tomorrow will be like? Explain.
 - ii) How easy/hard was it to go to sleep last night?
- d) Did you snack at all today? When? What did you eat? How did you feel before and after eating each snack? Why did you decide to eat snacks today?

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Below are some activities, for each please tell us if you did that activity, and if so, provide as much specificity as possible around the activity. We've added some questions to help you.

- e) Read
 - i) What did you read? Print or online? Pleasure reading or for work?
 - ii) For about how long did you read it?
- f) Watch TV
 - i) What did you watch on TV? For how long? Was it a standard TV or did you watch via your tablet/computer? What else were you doing while the TV was on?
- g) Exercise
 - i) What did you do to exercise? For how long? Were you by yourself or did you exercise with someone else?
- h) Use the Internet
 - i) What sites did you visit? Did you use social media (Facebook, Pinterest)? How long were you on those sites?
 - ii) When it comes to what you did online, did this include what you did on a smartphone (such as an iPhone or Android) or tablet (such as an iPad)?
 - (1) IF NO: What sites did you visit or what apps did you use? For how long did you use them?

Note: we will probe on e-h whenever food/ nutrition comes up (for example, if someone mentions they always have a diet coke and chips while watching TV we will explore that behavior)

3) Days 4-7 (Understanding meals)

NOTE: Journaling will be scheduled such that the discussion of meals will span weekdays and weekends.

For the next few days, we are going to ask you some questions about meal times.

- a) Thinking about your breakfast today, please answer the following questions:
 - i) Who was there
 - ii) What did you eat
 - iii) About how long did it take for you to eat it?
 - iv) Where did you eat
 - v) How did you feel
 - (1) Right before the meal
 - (2) During the meal
 - (3) After the meal

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vi) Did you choose the meal? What was the criteria for selecting each food item

Repeat for:

b) Lunch

c) Dinner

Note: we will probe for:

Rational decisions when making food choices (such as how they selected certain items in the grocery store)

Emotional feelings when making food choices (i.e. how did selecting a certain item choosing that evening's meal make you feel)

4) Day 8-10 (Understanding emotions)

For these days, it's very important that you keep your journal with you. We want you to think about these five emotions and each time you strongly feel one of them we want you to write down when that occurred, why you felt that way and what, if anything, you did as a result.

- a) Happy
- b) Stressed
- c) Angry
- d) Hungry
- e) Tired

Note: we will also be texting people throughout the day to ask them what they are doing at the moment, how they are feeling, etc.

- a) At the end of the day, please tell us:
 - a. What was the most physically challenging thing you did today? And what did you do right after you were done.
 - b. What was the most mentally challenging thing you did today? And what did you do right after you were done.
- b) What about today would you like to remember?
- c) What about today would you like to forget?

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5) Days 11-14 (Combining the different elements)

- a) Describe how you felt when you first left the house in the morning.
 - i) How did you feel? To what extent, were those feelings brought on by what had occurred or what you anticipate the day will be like? Explain.

- b) Here is a list of activities. How often did you do each of the following activities today, if you did them at all. And for each, tell us how you felt before, during, and after the activity:
 - i) Text with friends
 - ii) Snack on food
 - iii) Use social media like Facebook or Twitter
 - iv) Exercise
 - v) Watch TV
 - vi) Shop for food

- c) Dinner
 - i) Who was there
 - ii) What did you (and others) eat
 - iii) Where did you eat
 - iv) How did you feel
 - (1) Right before the meal
 - (2) During the meal
 - (3) After the meal

 - v) Did you choose the meal? What was the criteria for selecting each food item?

- d) Final Section Probes (only if necessary and asked to close out the session):
 - i) Tell me about a time when you have decided what food to eat, at least in part, because of nutrition?
 - ii) Why did you make that decision?
 - iii) What about that time made “nutrition” be one of the most important factors when making a food decision?

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Journaling Screenshot Examples:

