

Sugary Drink Habits Survey Template

All questions are optional. Follow each question's directions.

Write your answers to the open questions in the space provided.

Think about the past seven days. Here, sugary drinks means drinks with added sugar, including regular soda, sweetened tea or coffee, energy drinks and fruit drinks. Do not count diet or zero-sugar drinks, unsweetened drinks, plain milk or 100% juice in that category. Every question is optional. Do not enter health details or names.

1. On how many of the past seven days did you have at least one sugary drink as defined above?

- ☐ 0 days
- ☐ 1–2 days
- ☐ 3–4 days
- ☐ 5–6 days
- ☐ 7 days
- ☐ Not sure
- ☐ Prefer not to say

2. Which sugary drinks did you have during those seven days?

- ☐ Regular soda
- ☐ Sweetened tea or coffee
- ☐ Energy or sports drinks with added sugar
- ☐ Fruit drinks with added sugar
- ☐ Other drinks with added sugar
- ☐ None of these
- ☐ Not sure
- ☐ Prefer not to say

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3. Where did you most often get those drinks during the past seven days?

- ☐ A grocery or convenience store
- ☐ A cafe or restaurant
- ☐ A campus or workplace outlet
- ☐ A vending machine
- ☐ Prepared at home
- ☐ Someone else provided them
- ☐ I had no sugary drinks
- ☐ Another place
- ☐ Not sure

4. What most influenced your most recent choice of a sugary drink?

- ☐ Taste
- ☐ Price or a promotion
- ☐ Convenience
- ☐ Wanting caffeine
- ☐ Having it with a meal
- ☐ Habit
- ☐ I had no sugary drink in the past seven days
- ☐ Another reason
- ☐ Not sure

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5. In the setting named above, how easy is it to get drinking water when you want it?

- ☐ Very difficult
- ☐ Somewhat difficult
- ☐ Neither easy nor difficult
- ☐ Somewhat easy
- ☐ Very easy
- ☐ I do not use this setting
- ☐ Not sure

6. Which change to beverage options or information would you most like to see in that setting?

- ☐ More convenient water access
- ☐ Clearer prices
- ☐ More unsweetened drink options
- ☐ Clearer information about added sugar
- ☐ A wider range of drink choices
- ☐ No change
- ☐ Another change
- ☐ Not sure

7. What should the team understand about your drink choices in this setting?
