

Exit Interview

1. What was most helpful in getting you through the fasting periods?

2. What, if any, difficulty did you have adhering to intermittent fasting?

3. Could you think of any changes to the intermittent fasting eating pattern that would make it more feasible for people to practice?

4. Was there any aspect of the study that you liked?

Coordinator:

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Date: ____/____/____

5. Was there any aspect of the study that you did not like?

6. Do you think the amount of food you ate during the study was comparable to your normal intake?

Yes / No *Comments:*

7. Would you be willing to participate in a future study in which you intermittently fast for longer than a month involving the same eating and fasting time periods each day?

Yes / No *Comments:*

8. Would you be willing to participate in a similar future study which included intermittent fasting and a program to increase your level of activity throughout the day?

Yes / No *Comments:*
