



2. To what degree do the following change *with the seasons*?

		No change	Slight Change	Moderate Change	Marked Change	Extremely Marked Change
A. Sleep length						
B. Social activity						
C. Mood (overall feeling of well being)						
D. Weight						
E. Appetite						
F. Energy level						

3. If you experience changes with the seasons, do you feel that these are a problem for you?

No

Yes

If yes, is this problem:

MILD

MODERATE

MARKED

SEVERE

DISABLING

4. By how much does your weight fluctuate during the course of the year?

0-3 lbs.

4-7 lbs.

8-11 lbs.

12-15 lbs.

16-20 lbs.

Over 20 lbs.

5. Approximately how many hours of each 24-hour day do you sleep each season?  
(includes naps)

	Hours slept per day																				
	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	Over 18 hours	
<b>Winter</b> (Dec 21 – Mar 20)																					
<b>Spring</b> (Mar 21 – June 20)																					
<b>Summer</b> (June 21 – Sept 20)																					
<b>Fall</b> (Sept 21 – Dec 20)																					

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6. Do you notice a change in food preference during the different seasons?

No

Yes

Please specify:

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