10W-1

1. In the past month (before starting 10 Weeks to Vegan), how often did you eat the following?

Beans
[0] Never
[1] Less than 1 time per week
[2] 1-6 times per week
[3] 1-3 times per day
[4] 4 or more times per day

Beef
[0] Never
[1] Less than 1 time per week
[2] 1-6 times per week
[3] 1-3 times per day
[4] 4 or more times per day

Chicken
[0] Never
[1] Less than 1 time per week
[2] 1-6 times per week
[3] 1-3 times per day
[4] 4 or more times per day

Dairy
[0] Never
[1] Less than 1 time per week
[2] 1-6 times per week
[3] 1-3 times per day
[4] 4 or more times per day

Eggs
[0] Never
[1] Less than 1 time per week
[2] 1-6 times per week
[3] 1-3 times per day
[4] 4 or more times per day

Fish
[0] Never
[1] Less than 1 time per week
[2] 1-6 times per week
[3] 1-3 times per day
[4] 4 or more times per day

Non-dairy
[0] Never
[1] Less than 1 time per week
[2] 1-6 times per week
[3] 1-3 times per day
[4] 4 or more times per day

Pork
[0] Never
[1] Less than 1 time per week
[2] 1-6 times per week
[3] 1-3 times per day
[4] 4 or more times per day

Turkey
[0] Never
[1] Less than 1 time per week
[2] 1-6 times per week
[3] 1-3 times per day
[4] 4 or more times per day

Veg Meat
[0] Never
[1] Less than 1 time per week
[2] 1-6 times per week
[3] 1-3 times per day
[4] 4 or more times per day

2. Before starting 10 Weeks to Vegan, did you consider yourself to be a:

[1] Meat-eater
[2] Vegetarian
[3] Vegan

3. Why did you sign up for 10 Weeks to Vegan?

4. How did you hear about 10 Weeks to Vegan?

[1] Found in internet search for vegan info
[2] Social media
[3] Sign at my school
[4] Friend/family
[5] Handed a leaflet
[6] Information booth
[7] Presentation, dinner, or other event
[8] Other

5. What gender do you identify as?

[1] Female
[2] Male
[3] Other
[4] Decline to state

6. What year were you born?

[2010] 2010 or after
[2009] 2009
[2008] 2008
[2007] 2007
[2006] 2006
[2005] 2005
[2004] 2004
[2003] 2003
[2002] 2002
[2001] 2001
[2000] 2000
[1999] 1999
[1998] 1998
[1997] 1997
[1996] 1996
[1995] 1995
[1994] 1994
[1993] 1993
[1992] 1992
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[1987] 1987
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[1983] 1983
[1982] 1982
[1981] 1981
[1980] 1980
[1979] 1979
[1978] 1978
[1977] 1977
[1976] 1976
[1975] 1975
[1974] 1974

[1973] 1973
[1972] 1972
[1971] 1971
[1970] 1970
[1969] 1969
[1968] 1968
[1967] 1967
[1966] 1966
[1965] 1965
[1964] 1964
[1963] 1963
[1962] 1962
[1961] 1961
[1960] 1960
[1959] 1959
[1958] 1958
[1957] 1957
[1956] 1956
[1955] 1955
[1954] 1954
[1953] 1953
[1952] 1952
[1951] 1951
[1950] 1950
[1949] 1949
[1948] 1948 or before

7. What race/ethnicity do you consider yourself?

[1] African American or Black
[2] Asian
[3] European/Caucasian
[4] Indian
[5] Middle Eastern
[6] Latino, Latina, or Latinx
[7] Native American
[8] Pacific Islander
[9] Multi-racial
[10] Other
[11] Decline to state