Double the movies

Yes,Package a few extra "diet-friendly" snacks so you can make a double-dip snack plate. You'd love to have a double dip and maybe even a few more pieces of your favorite snack. But... you're not sure how to... or when to... or if you... have another dip.

How did we calculate your result?

We asked a group of people how many snacks they enjoy during their favorite movie. We then looked at the effects of having a second dip on their enjoyment of the snack.

How often do you snack?

We asked people how often they snack during the day. We found that most people snack at least once a day. Some people snack multiple times a day, while others only snack a few times a day.

Scientific Details

We use two of different methods to calculate your test results:

1. ** Objective Method:**
   - The test is designed to measure the level of enjoyment people have when they snack during a movie.
   - The test is based on the number of snacks people enjoy during a movie.
   - The test results are based on the number of snacks people enjoy during a movie.

2. ** Subjective Method:**
   - The test is based on the personal experience of the person taking the test.
   - The test results are based on the personal experience of the person taking the test.

About your Check Dislikes result

For immediate assistance or additional information:

References

2. Daves et al. 2014. "How much weight loss is associated with increased intake of behavioral strategies?" (The Jour of Nutrition, Health and Aging. 18:1-12)