

Eating, Exercise & Body Image Continuum

This continuum represents the range of eating and exercise behaviors and attitudes towards food and body image. The goal is to function in the *Concerned in a Healthy Way* category, which reflects good physical and emotional health. Throughout life, many people move in this continuum due to many factors such as family, culture, friends, school, sports, health, finances, the media, etc. No matter where you fit, there are resources for you.

Check where you are today
 Circle where you want to be in the future

FOOD IS NOT AN ISSUE	*CONCERNED IN A HEALTHY WAY*	FOOD PREOCCUPIED/OBSESSED	DISRUPTIVE EATING PATTERNS	EATING DISORDERED
<input type="checkbox"/> I am not concerned about what or how much I eat. <input type="checkbox"/> I feel no guilt or shame no matter what or how much I eat. <input type="checkbox"/> Exercise is not really important to me. <input type="checkbox"/> I choose foods based on cost, taste, and convenience. <input type="checkbox"/> I don't worry about meals; I just eat whatever I can, whenever I can. <input type="checkbox"/> I enjoy eating lots of tasty food when I have a chance.	<input type="checkbox"/> I pay attention to what I eat to have a healthy body. <input type="checkbox"/> Food and exercise are important but not the major part of my life. <input type="checkbox"/> I enjoy eating, but I balance this with my concern for good health. <input type="checkbox"/> I usually eat 2-3 balanced meals daily, plus snacks, to get me through the day. <input type="checkbox"/> I have realistic goals for eating well and being physically active. <input type="checkbox"/> Sometimes I eat more (or less) than I really need, but mostly I listen to my body.	<input type="checkbox"/> I think about food a lot. <input type="checkbox"/> I think and read a lot about dieting, fitness, and weight control. <input type="checkbox"/> I sometimes miss school, work, and having fun because of my diet or exercise schedule. <input type="checkbox"/> I divide food into 2 categories: "good" and "bad". <input type="checkbox"/> I feel guilty when I eat "bad" foods or when I eat too much. <input type="checkbox"/> I am afraid of getting fat. <input type="checkbox"/> I wish I could change how much I want to eat and what I am hungry for.	<input type="checkbox"/> My food and exercise concerns interfere with my school, family, and social life. <input type="checkbox"/> I use food to make myself feel better. <input type="checkbox"/> I have tried fasting, diet pills, laxatives, vomiting, or extra time exercising to lose or maintain my weight. <input type="checkbox"/> If I cannot exercise to burn off calories, I worry. <input type="checkbox"/> I feel strong when I can cut down on how much I eat. <input type="checkbox"/> I feel out of control when I eat more than I want to.	<input type="checkbox"/> I worry about what I will eat and/or when I will exercise enough. <input type="checkbox"/> I follow a strict eating plan and I always know how many calories, fat grams, and/or carbs I eat. <input type="checkbox"/> I feel a lot of guilt, shame, and anxiety when I break my diet. <input type="checkbox"/> I regularly stuff myself and then exercise, vomit, or use laxatives to get rid of the food. <input type="checkbox"/> My friends and family tell me I am too thin, but I feel fat. <input type="checkbox"/> I am out of control when I eat. <input type="checkbox"/> I am afraid to eat in front of others.
BODY IS NOT AN ISSUE	*BODY ACCEPTANCE*	BODY PREOCCUPIED/OBSESSED	DISTORTED BODY IMAGE	BODY HATE - DISASSOCIATION
<input type="checkbox"/> I feel fine about my body. <input type="checkbox"/> I don't worry about changing my body shape or weight. <input type="checkbox"/> I hardly ever weigh or measure myself. <input type="checkbox"/> My feelings about my body are not influenced by the media or what others think of me. <input type="checkbox"/> I know that my friends and family will always love me for who I am, not for how I look.	<input type="checkbox"/> I pay attention to my body and my appearance because it is important to me, but it is not a huge deal. <input type="checkbox"/> There are some things about my body that I would like to change, but I'm okay with my positive features. <input type="checkbox"/> My self-esteem is based on my abilities, talents, and relationships — not just my looks.	<input type="checkbox"/> I weigh myself a lot. <input type="checkbox"/> I spent a lot of time looking at myself in the mirror. <input type="checkbox"/> I often compare my body to others. <input type="checkbox"/> I have days when I feel fat. <input type="checkbox"/> I accept society's ideal body shape and size as okay. <input type="checkbox"/> I'd be more attractive if I were thinner and more muscular.	<input type="checkbox"/> I spend a lot of time exercising and dieting to change my body. <input type="checkbox"/> My body shape and size keeps me from dating or finding someone who will treat me right. <input type="checkbox"/> I would like to change my body shape and size by surgery. <input type="checkbox"/> I wish I could change the way I look in the mirror.	<input type="checkbox"/> I often feel as if my body belongs to someone else. <input type="checkbox"/> I hate my body. <input type="checkbox"/> I often keep away from others. <input type="checkbox"/> There's not much or nothing that's okay about my body shape and size. <input type="checkbox"/> I don't believe others when they tell me I look okay. <input type="checkbox"/> I hate the way I look in the mirror.

