AHWG

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