

Body Appreciation Scale



Circle yes or no (Y/N) next to each statement to assess your current level of body appreciation. The higher the yes answers the higher your level of body appreciation. Repeat this scale regularly to see how far you've come in respecting and appreciating your body.

1. I respect my body Y/N
2. I feel good about my body Y/N
3. I feel that my body has a least some good qualities Y/N
4. I take a positive attitude towards my body Y/N
5. I am attentive to my body's needs Y/N
6. I feel love for my body Y/N
7. I appreciate the different and unique characteristics of my body Y/N
8. My behaviour reveals my positive attitude toward my body; for example, I walk holding my head held high and smiling Y/N
9. I am comfortable in my body Y/N
10. I feel like I am beautiful even if I am different from media images of attractive people Y/N

Date: _____ Score: _____ Date: _____ Score: _____
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