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.

Date:	Score:	Date:	Score:	
			Score:	
att	ractive people Y/N			
10. I fe	el like I am beautiful ev	en if I am different	t from media images of	
9. I am comfortable in my body Y/N				
My behaviour reveals my positive attitude toward my body; for example, I walk holding my head held high and smiling Y/N				
8 M	, behaviour reveals my	positive attitude to	oward my body: for	
7. Ia _l	7. I appreciate the different and unique characteristics of my body Y/N			
6. I fe	6. I feel love for my body Y/N			
5. Tai	5. I am attentive to my body's needs Y/N			
4. I ta	. I take a positive attitude towards my body Y/N			
3. I fe	I feel that my body has a least some good qualities Y/N			
2. I fe	I feel good about my body Y/N			
1. I re	I respect my body Y/N			
апа аррг	eciating your body.			

Ref: The Inutivite Eating Handbook, 10 Principles for Nourshing a Healthy Relationship with Food; Tribole & Resch. 2017

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