

Body checking behaviours

When someone is preoccupied with their weight or shape, they may constantly check their weight and appearance or, opposite, constantly try to avoid seeing their shape or weight. Try to identify body checking (e.g., checking in the mirror) and body avoidance (e.g., averting eyes when passing reflective surfaces) behaviours you do.

Body checking behaviour	Times per day	Body avoidance behaviours	Times per day

Pick three specific behaviour you would like to reduce:

1

2

3

Record how many times each day of the week you engaged in three behaviours:

1

2

3

How many times per day?

How many times per day?

How many times per day?

Mon

Tue

Wed

Thu

Fri

Sat

Sun