



Do You or Your Child have Eating Disorder Tendencies?

Common symptoms of Eating Disorders (ED) are listed below so you can be more aware of the signs early on before it becomes a full disorder.

Take the quiz & bring your results back to review or be entered into a drawing!

Put a 1 on the left of the behaviors you see visible now. Add them up at the bottom for your total.

- Excessive and/or strict focus on weight loss, dieting and control of food.
- Preoccupation and excessive weighing self on a scale.
- Excessive focus on weighing of food, counting calories, micromanaging macros, etc.
- Suddenly eliminating groups of food – all sugar, all carbs, all fat, etc – so they can be thinner.
- Expressing the need to go burn off calories from eating or exercising at strange times of day or excessive exercise daily. Usually use specific numbers in terms of calories and specific time needed with specific activity. Almost obsessive.
- Sudden change in eating habits at home or with others:
 - Skipping meals often claiming they are not hungry (controlling hunger)
 - Eating much less or much more than usual without changes in activity/ sports
 - Running to the bathroom after meals (if GI issues, may be something else)
 - Uncomfortable eating with others
 - Self-conscious about food choices when others are present
 - New, unusual food rituals: foods cannot touch, excessive chewing, can only eat xxx at this time of day, etc.
 - Extreme new picky eating or eliminating favorite foods because they are 'bad'.
 - New food judgements that seem to have no reasonable basis or reason.
 - Extreme mood swings which were not previously present.
- For females, irregular menses or menses stopped.
- Sudden weight loss of significance.
- Looking faint, tired, grey-ish skin.



Nutrition for Body, Mind, Spirit and Sport

___ Feelings of disgust, low self-esteem, feeling gross about themselves, or fixated on that flawed body part negatively.

_____: Total

Interpretation of results:

If you scored 1-3, you may have some eating disorder tendencies and may want to work through the underlying emotional triggers so you can perform at your best in sport and life.

If you scored 4-11, you have eating disorder tendencies which, if not addressed, may lead to a full blown Eating Disorder. An Eating Disorder Recovery Coach can assist in reversing the tendencies to natural tendencies towards body image, self-esteem and peace with food, your body and your food.

If you scored over 12, then you most likely do have an Eating Disorder and need to seek help from an Eating Disorder therapist, Eating Disorder Recovery Coach and/or a nutritionist/ dietician specializing in ED.

If you have questions about your score and how the Be Whole plan can help you reduce your score and amplify your health and freedom, contact Joanna at www.nutrition-in-motion.net/contact or 215-272-6774. She will walk you through the process so you can regain your health, amplify your performance in sport and life, and find peace in your body, your food and your mind.

To schedule a 15-30 min chat to review results, go to <https://calendly.com/joanna-nim/15min>

Name: _____

Email: _____

Phone: _____

Are you ready to schedule your initial session? ___ Y ___ N

Are you ready to hear more about the Be Whole Program? ___ Y ___ N